*Supplementary Table 4: Risk of Bias assessment of randomized controlled trial*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of partecipants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
| Gilling et al, 2018 |  |  |  |  |  |  |  |
| Gilling et al, 2019 |  |  |  |  |  |  |  |
| Kasivisvanathan et al, 2018 |  |  |  |  |  |  |  |
| Gilling et al, 2019 |  |  |  |  |  |  |  |
| Gilling et al, 2020 |  |  |  |  |  |  |  |
| Plante et al, 2019 |  |  |  |  |  |  |  |
| Nguyen et al, 2020 |  |  |  |  |  |  |  |
| Bhijani et al 2019 |  |  |  |  |  |  |  |
| Roehrbornet al, 2013 |  |  |  |  |  |  |  |
| Mc Vary et al, 2014 |  |  |  |  |  |  |  |
| Cantwell et al, 2014 |  |  |  |  |  |  |  |
| Sonksen et al, 2015 |  |  |  |  |  |  |  |
| Roehrborn et al, 2015 |  |  |  |  |  |  |  |
| Roehrborn et al, 2017 |  |  |  |  |  |  |  |
| Gratzke et al, 2017 |  |  |  |  |  |  |  |
| McVary et al, 2016 |  |  |  |  |  |  |  |
| Roehrborn et al, 2016 |  |  |  |  |  |  |  |
| McVary et al, 2018 |  |  |  |  |  |  |  |
| McVary et al, 2019 |  |  |  |  |  |  |  |