*Supplementary Table 3: Risk of Bias assessment of non randomized controlled trial*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Bias in selection of the reported result | Bias in measurement of outcomes | Bias due to missing data | Bias due to deviations from intended interventions | Bias in classification of intervention | Bias in selection of partecipants into the study | Bias due to confounding |
| Porpiglia et al, 2015 |  |  |  |  |  |  |  |
| Porpiglia et al, 2018 |  |  |  |  |  |  |  |
| Porpiglia et al, 2018 |  |  |  |  |  |  |  |
| Kadner et al, 2020 |  |  |  |  |  |  |  |
| Gilling, et al 2016 |  |  |  |  |  |  |  |
| Gilling et al, 2017 |  |  |  |  |  |  |  |
| Misrai et al, 2019 |  |  |  |  |  |  |  |
| Desai et al, 2018 |  |  |  |  |  |  |  |
| Desai et al, 2019 |  |  |  |  |  |  |  |
| Yafi et al, 2018 |  |  |  |  |  |  |  |
| Zorn et al, 2019 |  |  |  |  |  |  |  |
| Desai et al 2019 |  |  |  |  |  |  |  |
| Bhojani et al 2019, |  |  |  |  |  |  |  |
| Chugthai et al, 2018 |  |  |  |  |  |  |  |
| Bach et al, 2019 |  |  |  |  |  |  |  |
| Woo et al, 2011 |  |  |  |  |  |  |  |
| Chin et al, 2012 |  |  |  |  |  |  |  |
| Mc Nicolas et al, 2013 |  |  |  |  |  |  |  |
| Shore et al, 2014 |  |  |  |  |  |  |  |
| Rukstalis et al, 2016 |  |  |  |  |  |  |  |
| Bozkurt et al, 2016 |  |  |  |  |  |  |  |
| Shoenthaler et al, 2018 |  |  |  |  |  |  |  |
| Rukstalis et al, 2019 |  |  |  |  |  |  |  |
| Sievert et al, 2019 |  |  |  |  |  |  |  |
| Eure et al, 2019 |  |  |  |  |  |  |  |
| Dixon et al, 2015 |  |  |  |  |  |  |  |
| Dixon et al, 2016 |  |  |  |  |  |  |  |
| Mollengarden et al, 2017 |  |  |  |  |  |  |  |
| Darson et al, 2017 |  |  |  |  |  |  |  |