Table 3: Risk of bias

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study ID | Clearly stated aim, objectives | Detailed explanation of sample size calculation | Detailed explanation of sampling technique | Details of comparison group | Detailed explanation of methodology | Operator details | Randomization | Method of outcome measurement | Outcome assessment details | Blinding | Statistical analysis | Presentation of results | Risk of bias |
| Hazel Paloma Reis  Corado 2022 [7] | 2 | 1 | 0 | 2 | 2 | 2 | 0 | 0 | 2 | 0 | 2 | 2 | Moderate |
| Shin YC 2022 [8] | 2 | 0 | 0 | 1 | 2 | 2 | 0 | 1 | 2 | 0 | 2 | 2 | Moderate |
| Cui Guo 2021 [9] | 2 | 0 | 0 | 2 | 2 | 2 | 0 | 0 | 2 | 0 | 2 | 2 | Moderate |
| Moon sung Kang;  2021 [10] | 2 | 0 | 0 | 2 | 2 | 2 | 0 | 0 | 2 | 0 | 2 | 2 | Moderate |
| Sunho Park; 2020  [11] | 2 | 0 | 0 | 1 | 2 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | Moderate |
| M. Mazaheri, 2014  [12] | 2 | 0 | 0 | 2 | 2 | 2 | 0 | 0 | 2 | 0 | 2 | 2 | Moderate |