

Supplementary Table 1. Cochrane quality assessment tool of the included studies.

Reference	[10]	[18]	[15]	[16]	[17]
Random sequence generation	high	low	low	low	low
Allocation concealment	low	unclear	unclear	low	unclear
Blinding of participants	high	unclear	unclear	low	high
Blinding of outcome assessment	unclear	low	unclear	low	low
Incomplete outcome data	low	low	low	low	low
Selective reporting	low	low	low	low	low
Other bias	high	high	high	high	high