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| Supplementary table 1. Risk of bias assessment of each study | | | | | | |
| Reference | Absence of allocation secrecy | Absence of masking | Incomplete follow-up | Selective outcome report | Other limitations | Quality |
| Boutros *et al.,* 2020 | Yes | Not | Not | Not | Not | Moderate |
| Campbell *et al.,* 1999 | Yes | Yes | Yes | Not | Not | Low |
| Durkalec-Michalski *et al.,* 2022 | Not | Not | Not | Not | Not | High |
| Haub *et al.,* 2005 | Yes | Yes | Not | Not | Not | Low |
| Hevia‑Larraín *et al.,* 2021 | Not | Not | Not | Not | Not | High |
| Hietavala *et al.,* 2012 | Not | Yes | Not | Not | Not | Moderate |
| Lynch *et al,* 2016 | Not | Yes | Yes | Not | Not | Moderate |
| Nebl *et al.,* 2019 | Not | Not | Not | Not | Not | High |
| Pfeffeir *et al.,* 2021 | Not | Not | Not | Not | Not | High |
| Raben *et al.,* 1992 | Yes | Yes | Not | Yes | Not | Low |