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| Supplemental Table 4. Risk of Bias (RoB) assessment for included randomized controlled trials |
|  | **Domain 1** | **Domain 2** | **Domain 3** | **Domain 4** | **Domain 5** | **Domain 6** |
| Studies(n=123) | Randomization Processn (%) | Deviations from Intended Interventionsn (%) | Missing Outcome Datan (%) | Measurement of Outcomen (%) | Selection of Reported Resultn (%) | Overall Biasn (%) |
| Low Risk | 100 (81.5) | 99 (80.7) | 111 (90.4) | 117 (95.5) | 95 (77.0) | 57 (46.6) |
| Some Concerns | 20 (16.3) | 17 (14.1) | 5 (3.7) | 2 (1.5) | 2 (2.2) | 38 (30.4) |
| High Risk | 3 (2.2) | 7 (5.2) | 7 (5.9) | 4 (3.0) | 26 (20.8) | 28 (23.0) |