**Table S3** Quality assessments of randomized clinical trials according to Jadad scale.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Study** | **Randomization** | **Masking** | **Accountability of all patients** | **Quality (score)** |
| Caparas 2014 [17] | \*\* | \* | \* | 4 |
| Marsh 2023 [20] | \*\* | \* | \* | 4 |
| Thomsen 2024 [22] | \* | \* | \* | 3 |