Supplementary Table 1: Assessment of quality of studies by using JADAD criteria.

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| --- | --- | --- | --- | --- | --- | --- |
| Study name | Randomization | description of randomization procedure | double blinding | method of double blinding | description of dropouts and withdrawals | Score |
| Xie et al  (2017) | \* | - | \* | \* | \* | 3 |
| Zhu et al (2013) | \* | \* | \* | \* | \* | 5 |
| Soltani et al (2014) | \* | \* | \* | \* | \* | 5 |
| Karlsen et al (2007) | \* | - | - | - | \* | 1 |
| Curtis et al (2009) | \* | - | \* | \* | \* | 3 |
| Naruszewicz et al (2007) | \* | - | \* | \* | \* | 3 |
| Hassellund et al (2013) | \* | \* | \* | \* | \* | 5 |