

	Aguilar et al., 2019 (1)	Caller et al., 2016 (2)	Conklin et al., 2016 (3)	Kurowski et al., 2020 (4)	Maresca et al., 2019 (5)	Messinis et al., 2020 (6)	Phillips et al., 2016 (7)	Piovesana et al., 2017a (8)	Piovesana et al., 2017b (9)	Simone et al., 2018 (10)	Tlustos et al., 2016 (11)	Torrise et al., 2019 (12)	Vilou et al., 2020 (13)	Wade et al., 2018 (14)
Random sequence generation	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Allocation concealment	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Blinding of participants and personnel	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Blinding of outcome assessment	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Incomplete outcome data	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Selective outcome reporting	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Other bias	●	●	●	●	●	●	●	●	●	●	●	●	●	●

● Low risk of bias      ● Unclear risk of bias      ● High risk of bias