Supplement/online file

Evaluation of the included trials using the CONSORT checklist

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|  | **Arakawa, 1995** | **Arakawa, 1997** | **Demiralp et al., 2010** | | **Song et al., 2013** | **Yilmaz & Arslan, 2015** |
| *Title and abstract* |  |  |  | |  |  |
| 1.a. Identification as a RCT in the title | - | - | - | | NA | - |
| 1.b. Abstract/structured summary | - | - | ± | | - | ± |
| *Introduction* |  |  |  | |  |  |
| 2.a. Background/rationale | - | + | - | | - | + |
| 2.b. Objectives/hypotheses | + | + | - | | - | + |
| *Methods* |  |  |  | |  |  |
| 3.a. Trial design description | ± | ± | ± | | ± | ± |
| 3.b. Changes to methods after trial commencement | NA | NA | NA | | NA | NA |
| 4.a. Eligibility criteria of the participants | + | + | + | | - | - |
| 4.b. Settings and locations of data collection | - | - | + | | ± | + |
| 5. Intervention details allowing replication | + | + | + | | ± | ± |
| 6.a. Description of primary and secondary outcomes | - | ± | ± | | - | ± |
| 6.b. Changes to trial outcomes after trial commenced | NA | NA | NA | | NA | NA |
| 7.a. Sample size determination | - | - | - | | - | + |
| 7.b. Interim analyses and stopping guidelines | - | - | ± | | - | - |
| 8.a. Method to generate the random allocation sequence | - | - | - | | NA | - |
| 8.b. Type of randomization | - | - | - | | NA | - |
| 9. Mechanism used to implement the random allocation | - | - | - | | - | - |
| 10. Specification of the researcher who generated the random allocation sequence, enrolled the participants and assigned participants to interventions | ± | ± | - | | NA | - |
| 11.a. Report of research blinding | - | - | - | | - | - |
| 11.b. Description of the similarity of interventions | NA | - | NA | | NA | NA |
| 12.a. Statistical methods to compare the groups for primary and secondary outcomes | - | - | ± | | ± | ± |
| 12.b. Methods for additional analyses (e.g. subgroup analyses) | - | - | - | | - | - |
| ***Results*** |  |  |  | |  |  |
| 13.a. Participants flow from randomization till outcome analysis | ± | - | - | | - | - |
| 13.b. Dropouts and exclusions after randomization | ± | - | - | | - | - |
| 14.a. Dates defining the periods of recruitment and follow-up | - | - | ± | | ± | ± |
| 14.b. Why the trial ended or was stopped | NA | NA | NA | | NA | NA |
| 15. Baseline demographic and clinical characteristics for each group | ± | ± | - | | - | - |
| 16. Number of participants included in each analysis and whether  the analysis was by original assessed groups | + | - | - | | - | - |
| 17.a. For each primary and secondary outcome, results for each group and the estimated effect size and its precision (e.g. 95% C.I.) | - | - | - | | - | - |
| 17.b. For binary outcomes, presentation of both absolute and relative effect sizes | NA | NA | NA | | NA | NA |
| 18. Ancillary analyses | - | - | ± | | - | - |
| 19. Harms and side-effects | - | - | - | | - | - |
| *Discussion* |  |  |  | |  |  |
| 20. Limitations | + | + | ± | | - | - |
| 21. Generalizability | + | + | - | | - | - |
| 22. Interpretation | + | + | + | | + | - |
| *Other information* |  |  |  | |  |  |
| 23. Trial registration | - | - | - | | - | - |
| 24. Access to the trial protocol | - | - | - | | - | - |
| 25. Sources of funding and other support | + | - | + | | - | - |
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Abbreviations: CI, Confidence Interval; CONSORT, Consolidating Standards of Reporting Trials; NA, Not Applicable; RCT, Randomized Controlled Trial; +, sufficient; -, insufficient; ±, partially sufficient