|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personal (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attention bias) | Selective reporting (reporting bias) | Other bias |
| Ferrara, 2020 | **+** | **+** | **-** | **+** | **+** | **+** | **+** |
| Garmendia, 2020 | **+** | **+** | **?** | **+** | **+** | **+** | **-** |
| Harreiter, 2019 | **+** | **+** | **-** | **+** | **+** | **+** | **?** |
| Kizirian, 2016 | **+** | **+** | **+** | **+** | **+** | **+** | **+** |
| Mijatovic, 2020 | **+** | **+** | **+** | **+** | **+** | **+** | **-** |
| Patel, 2017 | **+** | **+** | **-** | **+** | **+** | **+** | **+** |
| Patel, 2018 | **+** | **+** | **-** | **+** | **+** | **?** | **+** |
| Rae, 2000 | **+** | **+** | **+** | **?** | **-** | **+** | **-** |
| Rhodes, 2010 | **+** | **+** | **?** | **+** | **+** | **+** | **-** |
| Van Horn, 2018 | **+** | **+** | **-** | **+** | **+** | **+** | **+** |
| Walsh, 2014 | **+** | **+** | **-** | **+** | **+** | **+** | **+** |
| Donnelly, 2015 | **+** | **+** | **-** | **+** | **+** | **+** | **+** |
| Horan, 2016 | **+** | **+** | **-** | **+** | **+** | **+** | **+** |
| Zhang, 2019 | **+** | **+** | **+** | **+** | **+** | **+** | **?** |

Supplementary Table 2: Risk of bias assessments for the included studies using the Cochrane Collaboration’s bias risk assessment tool.

Key: + Low risk of bias; - High risk of bias; ? Unclear risk of bias