

**Table S1** Quality assessment according to Cochrane Collaboration Risk of Bias Tool

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and researchers (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Milonas 2017	Low risk	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk
Thompson 2013/2003	Low risk	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk
Roehrborn 2011	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Andriole 2010	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Andriole 2004	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Andriole 1998	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Cote 1998	Low risk	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk