

	Random sequence generation	Allocation concealment	Performance bias: Blinding (participants and personnel)	Detection bias: Blinding (outcome assessment)	Attrition bias: Incomplete outcome data	Selective reporting
Anja Mehnert 2020	+	+	-	-	+	-
Marco Warth 2015	+	+	-	-	-	-
Rafael Ramirez 2018	+	?	-	-	?	?

Figure S1 Risk of bias summary (RCT). Green, yellow, and red represent low, unclear, and high risk of bias, respectively. RCT, randomised controlled trial.

	Performance bias: Blinding (participants and personnel)	Detection bias: Blinding (outcome assessment)	Attrition bias: Incomplete outcome data	Selective reporting
Andrea Feldstain 2018	-	-	+	+
Cedric Lefevre 2016	-	-	-	-
Jennifer C. Plumb Vilaradaga 2020	-	-	-	+
Kazuyuki Niki 2019	-	-	?	+
Salimah H Meghani 2018	-	-	?	-

Figure S2 Risk of bias summary (non-RCT). Green, yellow, and red represent low, unclear, and high risk of bias, respectively. RCT, randomised controlled trial.