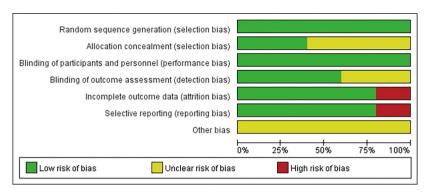**Figure S1** Risk of bias summary: The risk of bias tool incorporates the assessment of randomization (sequence generation and allocation concealment), blinding (participants and outcome assessors), incomplete outcome data, selective outcome reporting, and other risk of bias. The items were classified as "low risk" "unclear risk" or "high risk", with red, green, and yellow representing "high risk", "low risk", and "unclear risk", respectively.