

Table S1 Risk of bias of the included studies

Author, country, year	Confounding bias	Selection	classification	Deviation from intended interventions	Missing data	Measurement of outcomes	Selective reporting
Strong, Australia, 1995	High	High	Moderate	Low	Low	Low	Low
Mentha, Switzerland, 1996	High	High	Moderate	Low	Low	Low	Low
Srinivasan, 1999, UK	Moderate	High	Moderate	Low	Low	Low	Low
Nujaim, 2002, UK	High	High	Moderate	Low	Low	Low	Low
Kasahara, 2003, Japan	Moderate	Moderate	Moderate	Low	Low	Low	Low
Attia, 2008, UK	High	Moderate	Moderate	Low	Low	Low	Low
Grabhorn, 2008, Germany	Moderate	Moderate	Moderate	Low	Low	Low	Low
Enne, 2009, Brazil	Moderate	Moderate	Moderate	Low	Low	Low	Low
Thomas N, 2010, Australia	Moderate	Moderate	Moderate	Moderate	Low	Low	Low
Shehata 2012, Japan	Moderate	Moderate	Moderate	Moderate	Low	Low	Low
Kanazawa, 2013, Japan	Moderate	Moderate	Moderate	Low	Low	Low	Low
Sakamoto, 2014, Japan	High	Moderate	Moderate	Low	Low	Low	Low
Yamada, 2015, Japan	Moderate	Moderate	Moderate	Low	Low	Low	Low
Sakuma, 2016, Japan	Moderate	Moderate	Moderate	Low	Low	Low	Low
Sanada, 2017, Japan	Moderate	Moderate	Moderate	Low	Low	Low	Low
Raices, 2019, Argentina	Moderate	Moderate	Moderate	Low	Low	Low	Low
Hirat, 2019 Japan	Moderate	Moderate	Moderate	Low	Low	Low	Low