



Figure S1 Funnel plot assessing publication bias.

Table S1 Quality assessment for randomized controlled trials included in the meta-analysis

Author, year	Sequence generation	Allocation concealment	Blinding of participants and researchers	Blinding of outcome assessment	Incomplete outcome data addressed	Free of selective reporting
Ikeda, 2022 (17)	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Vancheri, 2021 (18)	Unclear	Unclear	High risk	High risk	Unclear	Unclear

Table S2 Quality assessment for non-randomized observational study included in the meta-analysis

Author, year	Confounding	Selection bias	Classification of interventions	Deviation from interventions	Missing data	Measurement of outcome	Selection of reported result
Flaherty, 2018 (15)	Low risk	Low risk	Low risk	Low risk	No information	Low risk	Low risk
Hisata, 2021 (16)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk