

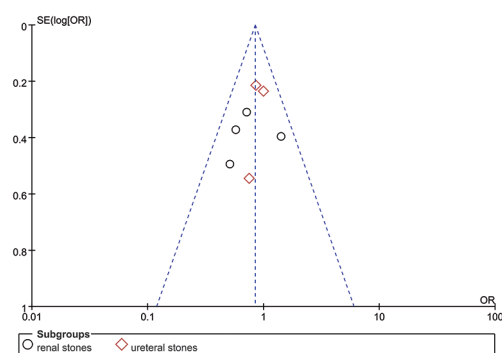
Table S1 Methodological quality of included 7 CCTs

Study	Definition adequate	Representativeness	Selection of controls	Definition of controls	Important factor	Additional factor	Ascertainment of exposure	Same method of ascertainment	Non-response rate	Total score
Holland, 2006	★	★		★			★	★	★	6
Tugcu, 2006	★	★		★			★	★	★	6
philippou, 2013	★	★		★	★		★		★	6
Yürük, 2014	★	★		★	★		★	★	★	7
Kilinc, 2015	★	★		★	★		★		★	6
Selmi, 2018	★	★		★	★		★		★	6
Irer, 2019	★	★		★	★	★	★	★	★	8

Table S2 Result of risk of bias (RoB) assessment of studies*

Sources	Risk of Bias Judgement for Domain							Overall RoB Judgement of the Result
	Bias due to confounding	Bias in the selection of participants in the study	Bias in the classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes	Bias in selection of reported result	
Holland, 2006	Moderate	Moderate	Low	No Information	Serious	Low	Low	Serious
Tugcu, 2006	Moderate	Moderate	Low	No Information	Serious	No information	Moderate	Serious
philippou, 2013	Moderate	Moderate	Low	Low	Low	No information	Low	Moderate
Yürük, 2014	Moderate	Moderate	Low	No Information	Low	Low	Low	Moderate
Kilinc, 2015	Moderate	Moderate	Low	Low	Low	Low	Low	Moderate
Selmi, 2018	Moderate	Moderate	Low	Low	Moderate	Low	Low	Moderate
Irer, 2019	Moderate	Moderate	Low	Low	Low	Low	Low	Moderate

*, based on assessment using ROBINS-I tool by Sterne *et al.*

**Figure S1** Funnel plot evaluating the publication bias.