Table S1 Newcastle-Ottawa quality assessment scale for non-randomized studies

Criteria for quality assessment	Hoy et al. (12)	Lim et al. (13)	Kim et al. (14)	Grabbert et al. (15)	Khouri et al. (16)	Sacco et al. (17)	Esquinas et al. (18)	Geretto et al. (19)
Selection								
Representativeness of the exposed cohort	–	–	–	★	–	–	★	★
Ascertainment of intervention	★	★	★	★	★	★	★	★
Demonstration that outcome of interest was not present at start of study	★	★	★	★	★	★	★	★
Comparability								
Comparability of cohorts on the basis of the design or analysis	★	★	–	–	★	★	★	★
Outcome								
Assessment of outcome	★	★	★	★	★	★	★	★
Was follow-up long enough for outcomes to occur	★	★	★	★	★	★	★	★
Adequacy of follow up of cohorts	★	★	★	★	★	★	★	★

A single dash (–) indicates that the study did not meet the specific criterion; a star (★) indicates that the study met the criterion well.

Table S2 Risk of bias for the RCT by Abrams et al.

Criteria for quality assessment	Random sequence generation	Allocation concealment	Blinging of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other bias
Abrams et al. (10)	★	–	–	–	★	★	★

A single dash (–) indicates that the study did not meet the specific criterion; a star (★) indicates that the study met the criterion well. RCT, randomized controlled trial.