Electronic supplementary material 2, Table 1

Risk of bias assessment for included randomized controlled clinical trials

First author (publication year)	Sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessors	Incomplete outcome data	Selective reporting	Other sources of bias	Overall risk of bias
Shab-bidar/2015	L	L	L	L	L	U	L	good quality
Cavalcante/2014	L	L	L	L	L	U	L	good quality
Graafmans/1994	U	L	L	L	L	U	U	fair quality
Mohseni/2015	L	L	L	L	L	U	L	fair quality
Neyestani/2012	L	L	L	U	L	U	U	fair quality
Arabi/2009	L	L	L	L	L	U	L	good quality
Sanwalka/2015	U	L	L	U	L	U	L	fair quality
Al-Daghri/2017	L	L	L	L	L	U	L	good quality
Kazemian/2019	L	L	L	L	L	U	L	good quality
Kazemian/2019	L	L	L	L	L	U	L	good quality
Kazemian/2020	L	L	L	L	L	U	L	good quality
Pérez-Alonso/2012	L	L	L	L	U	U	L	fair quality
Mohseni/2015	L	L	L	L	L	U	L	good quality
Barry/2014	L	L	L	L	U	U	L	fair quality
Pang Yao/2013	L	L	L	L	U	U	L	fair quality
Hu/2017	L	L	L	L	L	U	L	good quality

Abbreviations: H, high risk of bias; L, low risk of bias; U, unclear risk of bias.