

Table I(Suppl) - Individual randomized controlled trial methodological quality.

Study	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data addressed	Free of selective reporting	Risk of Bias of randomized studies
Meltzer 2000	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)
Nayak 2002	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)
Ciebiada 2006	Yes	Yes	Yes	Unclear	Yes	Unclear	Risk of Bias (Unclear)
Ciebiada 2008	Yes	Yes	Yes	Unclear	Yes	Unclear	Risk of Bias (Unclear)
Lu 2009	Yes	Yes	Yes	Unclear	Yes	Yes	Risk of Bias (Unclear)
Ciebiada 2011	Yes	Unclear	Unclear	Unclear	Yes	Yes	Risk of Bias (Unclear)
Andhale 2016	Yes	Unclear	Unclear	Unclear	Yes	Yes	Risk of Bias (Unclear)
Kim 2018	Yes	Yes	Yes	Yes	Yes	Unclear	Risk of Bias (Unclear)
Panchal 2021	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)
Pullerits 2022	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)
Ghanbari 2024	Yes	Unclear	Unclear	Unclear	Yes	Yes	Risk of Bias (Unclear)
Kim 2024	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)
Lee 2024	Yes	Unclear	Unclear	Unclear	Yes	Yes	Risk of Bias (Unclear)