

## Supplemental Digital Content 4 – Risk of Bias Summary

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Blanco 2015	+	+	+	+	+	+
Fernandes 2019	?	?	+	+	+	+
Hansen 2019	+	+	+	+	+	+
Irwin 2019	+	+	●	+	+	?
Krohg 2018	+	+	+	+	+	+
Mieszkowski 2018	+	+	●	?	?	?
Pangthipumpai 2019	?	?	+	+	?	+
Salama 2019	+	+	+	+	+	?
Sofiene 2019	?	?	+	+	?	+
Tamura 2019	+	+	+	+	+	+
Wang 2019	+	+	+	+	?	?
Zhang 2018	+	+	●	+	?	?

*Figure Legend:* +, low risk of bias; ?, unclear risk of bias; ●, high risk of bias.