

Appendix 1: Jadad Score

Item	Answer	Points
Was the trial described as randomized?	Yes	1
	No	0
Were the methods used to generate the randomization sequence described and appropriate?	Yes	1
	No	0
Was the trial described as double-blinded?	Yes	1
	No	0
Were the methods used for double-blinding described and appropriate?	Yes	1
	No	0
Was there an adequate description of patient withdrawals and drop-outs?	Yes	1
	No	0
Deduct one point if the method used to generate the randomization sequence was described but inappropriate	Yes	-1
	No	0
Deduct one point if the double-blinding method was described but inappropriate	Yes	-1
	No	0

The Jadad score is a 5-point system used to assess the methodological quality of a trial, considering factors such as randomization, blinding, and accountability of drop-outs. A higher score indicates better quality.

Criteria

Randomization

- 1) Trials are considered described as randomized if the term “randomized” is present in the title or abstract.
- 2) The method used to generate the randomization sequence must explicitly described (e.g. computer-generated, random number table, etc). Furthermore, neither patient nor researcher should have known nor been able to predict group assignment.

Blinding

- 3) Double-blinding was considered as described if the term “double-blinded” was used. Alternative acceptable descriptions included “patient- and observer-blinded or assessor-blinded”.
- 4) Double-blinding methods must have been explicitly described. These methods should be adequately described to convince reviewers that neither patient nor assessor was able to determine treatment assignment until the trial was completed.

Attrition

- 5) A point is awarded if the number of drop-outs and withdrawals, along with their reason for not completing the trial, is reported. If there are no withdrawals or drop-outs, this should also be reported. No points will be awarded if withdrawals, or the lack thereof, are not mentioned.