

	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported results	Overall risk of bias
Aydogdu 2020	?	+	-	+	?	-
Demirbilek 2019	?	+	+	+	?	?
Fallahi 2019	?	+	+	+	+	+
Ghavimi 2018	?	+	+	?	+	?
Ilhan 2016	-	-	-	+	+	-
Koc 2017	?	+	-	+	?	-
Kocak 2017	?	+	+	+	+	?
Taskin 2016	?	+	+	+	+	?
Tirelli 2015	+	+	?	+	-	-

