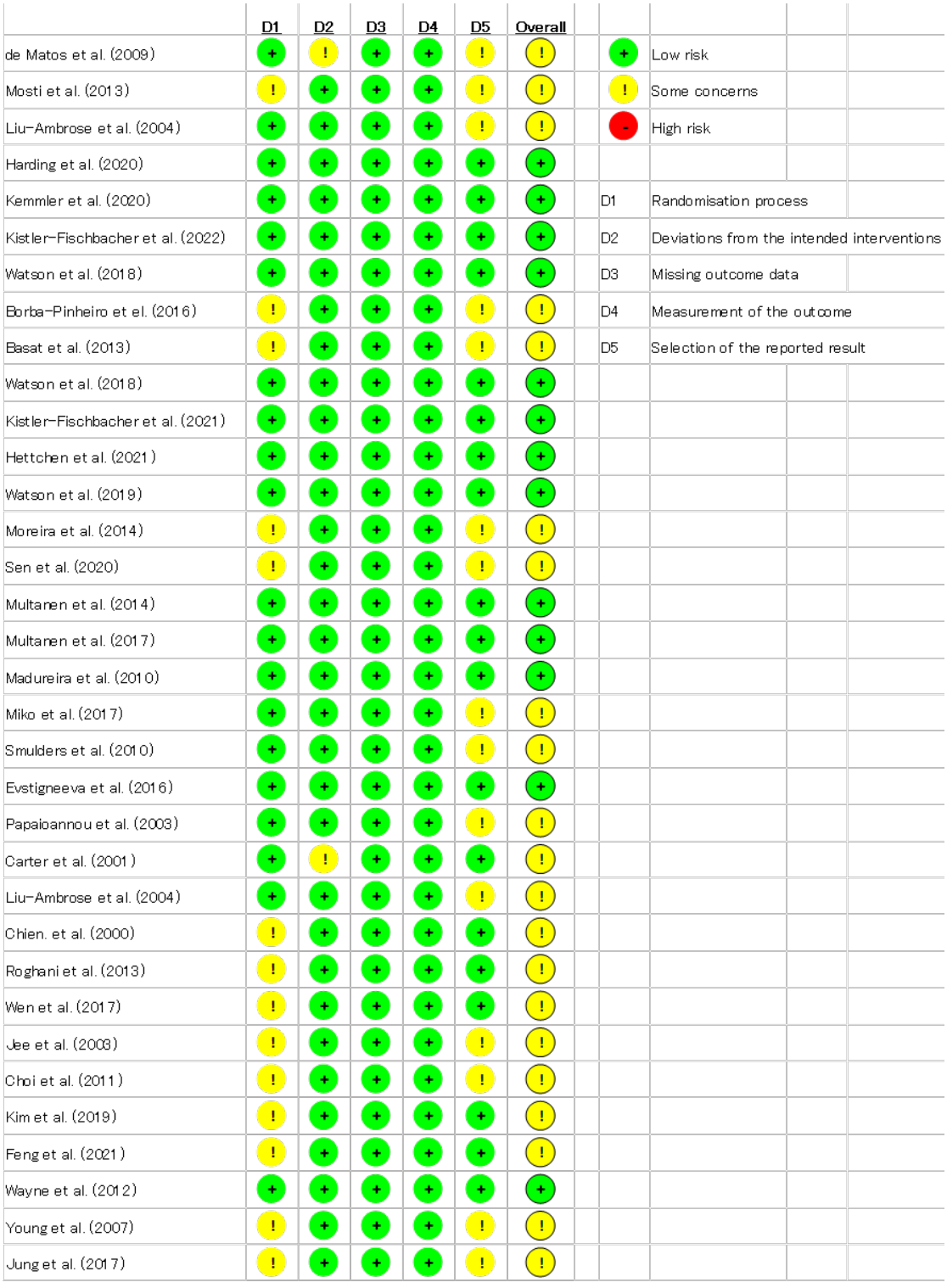

Supplementary Fig. 1. The result of risk of bias assessment: each risk of bias item for included studies. The 21 studies used adequate methods for allocation sequence generation, and all these applied adequate methods of allocation concealment. The other 13 studies did not provide sufficient information on allocation concealment, so the risk of bias remains unclear. The risk of deviations from the intended interventions was low in 32 studies and unclear in 2 studies. The risk of bias due to missing outcome data was low in all studies. In all studies, outcome measures were appropriate, and the data were not likely to have been influenced by knowledge of the intervention received. The selection bias risk of the reported results was low in 18 studies, unclear in 15 studies, and high in 1 study.