

Supplement 4: Bias levels in randomised controlled trials. Obtained via utilization of the Cochrane bias tool(16).

	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Anything else, ideally prespecified
Boot et al., (28)							
McMahon et al., (35)							
Lester et al., (36)							
Marks (37)							
Friedli, King and Lloyd (39)							