Suppl. 1. Risk of bias graph for the included studies.

- **Random sequence generation**
- **Allocation concealment**
- **Blinding of participants and personnel**
- **Blinding of outcome assessment**
- **Incomplete outcome data**
- **Selective reporting**
- **Other bias**

Legend:
- **Low Risk of Bias**
- **Unclear Risk of Bias**
- **High Risk of Bias**