

Online supplementary file 3: Risk of bias for each item for each included trial

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Azor-Martinez 2018	+	+	-	-	+	?
Biswas 2019	+	+	-	-	-	?
Correa 2012	+	?	-	-	+	?
Cowling 2008	+	+	-	-	-	-
Cowling 2009	+	+	-	?	-	?
Hubner 2010	?	?	-	-	+	?
Larson 2010	?	?	-	?	-	?
Lennell 2008	+	?	-	?	?	+
Little 2015	?	+	-	-	-	+
Nicholson 2014	-	+	-	-	-	?
Pickering 2013	?	?	-	-	?	?
Ram 2015	+	+	-	-	+	+
Roberts 2000	+	?	-	+	?	+
Sandora 2005	+	+	-	-	+	?
Savolainen-Kopra 2012	?	+	-	-	-	+
Simmerman 2011	+	?	+	+	+	+
Stebbins 2011	+	+	-	+	-	?
Zomer 2015	+	?	-	-	+	+