




## Supplementary Figure 1. Risk of bias assessment

	Study ID	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall	
<b>Studies with intention-to-treat</b>	Saban et al. 2022	?	+	?	+	+	!	+
	Seppala et al. 2014	?	?	+	+	+	!	?
	Taylor et al. 2020	?	?	+	+	+	!	-
<b>Studies with available case analysis</b>	Kelly and Garland 2016	?	+	?	+	+	!	

 Low risk  
 Some concerns  
 High risk

**Supplementary Figure 2. Funnel plot of publication bias**

