

Appendix S2. A summary of risk of bias

Source	Study design	Random sequence generation	Allocation concealment	Blinding of patients and study staffs	Blinding of assessors	Incomplete outcome data	Selective reporting	Other sources of bias and comments
Müller, 2013 ¹⁹	RCT	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	ITT analysis with data imputation
Hamdan, 2013 ²¹	RCT	Low risk	Unclear	High risk	Unclear	Low risk	Low risk	Analysis method for non-completers was unclear
Awad, 2012 ¹³	RCT	Low risk	Unclear	High risk	Low risk	Low risk	Low risk	Analysis method for non-completers was unclear
Gjengedal, 2012 ¹²	RCT	Low risk	High risk	High risk	Unclear	Unclear	High risk	Selection bias in sampling, analysis method for non-completers was unclear, statistical multiplicity, baseline characteristics were not shown
Morais, 2003 ¹⁵	RCT	Low risk	Unclear	High risk	Low risk	Unclear	Low risk	Analysis method for non-completers was unclear, statistical multiplicity
Hamada, 2001 ²³	RCT	Low risk	Unclear	High risk	Unclear	Unclear	Low risk	Analysis method for non-completers was unclear, statistical multiplicity, low follow-up rate

ITT = Intention to treat; RCT = Randomised control trial