

Supplementary File 3. Study-level risk of bias results using the Cochrane Collaboration Instrument.

Reference	Random Sequence	Allocation Concealment	Blinding (Participants & Personnel)	Blinding (Outcome Assessors)	Incomplete Outcome Data	Selective Reporting	Inactive
Baptista et al., 2012 ⁴⁰	low	low	high	low	low	low	unclear
Beltran, 2003 ⁴¹	low	unclear	high	unclear	low	unclear	low
Cheung et al., 2017 ⁴²	low	high	high	unclear	low	low	unclear
Fransen et al., 2007 ⁴³	low	unclear	high	low	low	low	low
French et al., 2013 ⁴⁴	low	low	high	high	low	unclear	unclear
Gowans et al., 2001 ⁴⁵	low	unclear	high	low	low	unclear	unclear
Jones et al., 2008 ⁴⁶	low	unclear	high	unclear	low	unclear	low
Komatireddy et al. ⁴⁷	low	unclear	high	low	low	unclear	unclear
Minor et al., 1989 ⁴⁸	low	unclear	high	unclear	unclear	unclear	low
Munguia-Izquierdo & Legaz-Arrese, 2008 ⁴⁹	low	unclear	high	low	low	unclear	low
Sanudo et al., 2015 ⁵⁰	low	unclear	high	unclear	unclear	unclear	unclear
Schachter et al., 2003 ⁵¹	high	high	high	unclear	low	unclear	low
Tomas-Carus et al., 2008 ⁵²	low	low	high	low	low	unclear	low
Tomas-Carus et al., 2007 ⁵³	low	unclear	high	unclear	unclear	unclear	low

Notes: low, low risk of bias; high, high risk of bias; unclear, unclear risk of bias.