

**Supplementary Table 1 – Study Characteristics**

Study (Year)	Country	No. Centres	Protocol Published	Registered	Funding	Design	Phase	Arms	Randomisation Type	Databases
Aberg (2015)	Sweden	1	No	Yes	Institutional	Parallel	NR	2	NR	NCT
Barker (2021)	United States	1	No	Yes	Institutional	Parallel	NR	2	Simple	NCT
Cerit (2018)	Cyprus	1	No	No	NR	Parallel	4	2	NR	NR
De Bruyn (2020)	Netherlands /Belgium	17	No	Yes	Institutional	Factorial	4	2	Simple	NCT
Eslami (2021)	Iran	1	No	Yes	Institutional	Parallel	1	2	Simple	IRCT
Genser (2013)	France	1	No	No	NR	Parallel	4	2	Simple	NR
Hajimohammadebrahim-Ketabforoush (2021)	Iran	1	No	Yes	None	Parallel	4	2	Block	NCT
Hao (2021)	China	NR	No	Yes	Institutional	Parallel	NR	4	NR	ChiCTR-IOR
Krasowska (2019)	Poland	1	No	Yes	Institutional	Parallel	4	2	NR	NCT
Naguib (2021)	Egypt	1	No	Yes	NR	Parallel	4	2	Simple	NCT
Parekh (2018)	United Kingdom	3	Yes	Yes	Institutional	Parallel	4	2	Block	ISRCTN
Rowe (2018)	Australia	2	No	Yes	Charity	Parallel	4	2	Simple	Australian New Zealand Clinical Trials Registry
Slobogean (2020)	United States /Canada	15	Yes	Yes	Institutional	Factorial	4	2	Simple	NCT

Urashima (2019)	Japan	1	Yes	Yes	Institutional	Parallel	4	2	Block	UMIN Clinical Trials Registry
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*NR=Not Reported; NCT=National Clinical Trial*