**Supplementary Table 2. Risk of bias assessment of the RCT study**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| RCT | Random sequence generation | Allocationconcealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective reporting | Other bias |
| Yu et al., 2012 | Low risk | Low risk | High risk | Unclear risk | Low risk | Unclear risk | Low risk |

Other bias: the baseline characteristics in the experimental and control groups were different.