**Supplementary Table S7. Risk of Bias Assessments for Randomized Controlled Trials (Cochrane Risk of Bias tool)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Author (Year) | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective reporting | Other bias |
| Covey et al. (2014) |   | \* |   |   |   |   |   |
| Karssemeijer et al. (2019) | \* | \* |  |  |  |  |  |
| Pandey et al. (2017) | \* | \* |   | \* |   |   |   |
| Rizk et al. (2015) | \* | \* |   | \* |   |   |   |
|   |   |   |   |   |   |   |   |
|   | Low |   | Moderate |   |   | High | \* Unclear |