**Table S2** Data of the included trials

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Author,  year,  country | Intervention | Patients | Pocket Depth Mean ± SD (mm ) | | Clinical Attachment  Loss Mean ± SD (mm) | |
| T | C | T | C |
| Baseline | | | | | | |
| Bazyar et al. 2018 [26], Iran | T : NSPT + melatonin  C : NSPT | 22/22 | 4.45 ± 0.96 | 4.54 ± 1.01 | 3.04 ± 0.78 | 3 ± 0.75 |
| Chitsazi et al. 2017 [28], Iran | T : NSPT + melatonin  C : NSPT | 20/20 | 6.41 (1.02) | 6.40 (1.20) | 6.29 (1.26) | 6.23 (1.22) |
| EI-Sharkawy et al. 2019 [27], Egypt | T : NSPT + melatonin  C : NSPT | 38/36 | 4.3 ± 0.8 | 4.4 ± 0.7 | 4.8 ± 0.9 | 4.7 ± 1.0 |
| Tinto et al.2019 [25],  Italy | T : NSPT + melatonin  C : NSPT | 10/10 | 3.4 ± 0.83 | 3.72 ± 0.9 |  | |
| 2 months follow up periods | | | | | | |
| Bazyar et al. 2018 [26],Iran | T :NSPT+melatonin  C : NSPT | 22/22 | 2.59 ± 1.04 | 4.36 ± 1.04 | 1.59 ± 0.59 | 2.77 ± 0.68 |
| 3 months follow up periods | | | | | | |
| Chitsazi et al. 2017 [28], Iran | T : NSPT + melatonin  C: NSPT | 20/20 | 4.56 ± 1.31 | 5.23 ± 1.89 | 4.23 ± 1.43 | 5.14 ± 1.23 |
| EI-Sharkawy et al. 2019 [27], Egypt | T : NSPT + melatonin  C : NSPT | 38/36 | 2.4 ± 1 | 3.1 ± 0.9 | 2.7 ± 1.1 | 3.5 ± 0.9 |
| 6 months follow up periods | | | | | | |
| Chitsazi et al. 2017[28],  Iran | T : NSPT + melatonin  C : NSPT | 20/20 | 3.54 ± 1.45 | 4.92 ± 1.53 | 3.22 ± 1.52 | 4.56 ± 1.16 |
| EI-Sharkawy et al.2019 [27],Egypt | T : NSPT + melatonin  C : NSPT | 38/36 | 2.3 ± 0.9 | 3 ± 0.8 | 2.6 ± 1 | 3.4 ± 1.2 |
| Tinto et al.2019 [25],  Italy | T : NSPT + melatonin  C : NSPT | 10/10 | 2.45 ± 0.91 | 2.67 ± 0.85 |  | |

*NSPT* Non-surgical periodontal therapy, *T* Test group, *C* Control group, *SD* Standard deviation, *mm* millimetre