Supplementary Table 1. Modified Jadad Scale.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Author | Was the study described as randomized? | Was the method of randomization appropriate? | Was the study described as blinding? | Was the method of blinding appropriate? | Was there a description of withdrawals and dropouts? | Was there a clear description of the inclusion/exclusion criteria? | Was the method used to assess adverse effects described? | Were the methods of statistical analysis described? | Modified Jadad scale |
| Giannopoulos, et al, 2019 | 1 | 1 | 0.5 | 1 | 0 | 1 | 1 | 1 | 6.5 |
| Gunawardene, et al, 2018 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 6 |
| Watanabe, et al, 2018 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 5 |

Supplementary Table 2. Methodological index for non-randomized studies.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Author | A clearly stated aim | Inclusion of consecutive patients | Prospective collection of data | Endpoints appropriate to the aim the of study | Unbiased assessment of the study endpoint | Follow-up period appropriate to the aim of the study | The loss to follow up <5% | Prospective calculation of study size | An adequate control group | Contemporary group | Baseline equivalence of groups | Adequate statistical analysis | MINORS |
| Hassan, et al, 2020 | 2 | 2 | 2 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | 1 | 2 | 19 |
| Hisazaki, et al, 2019 | 2 | 2 | 0 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | 2 | 2 | 18 |
| Jourda, et al, 2015 | 2 | 2 | 2 | 2 | 0 | 2 | 0 | 2 | 2 | 2 | 1 | 2 | 19 |
| Kardos, et al, 2016 | 2 | 1 | 2 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | 2 | 2 | 19 |
| Matta, et al, 2018 | 2 | 2 | 2 | 2 | 0 | 2 | 0 | 0 | 2 | 2 | 2 | 2 | 18 |
| Squara, et al, 2015 | 2 | 2 | 1 | 2 | 0 | 2 | 0 | 0 | 2 | 2 | 2 | 2 | 17 |
| Tanaka, et al, 2019 | 2 | 2 | 0 | 2 | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 20 |
| Xiao, et al, 2020 | 2 | 2 | 0 | 2 | 0 | 2 | 0 | 2 | 2 | 2 | 1 | 2 | 17 |
| Yokokawa, et al, 2017 | 2 | 2 | 0 | 2 | 0 | 2 | 2 | 0 | 2 | 2 | 1 | 2 | 17 |

MINORS = methodological index for non-randomized studies.