**Supplemental table 2. Risk of bias assessment of randomized controlled trials.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **First author of each study** | **Random**  **sequence generation?** | **Allocation concealment?** | **Blinding of participants and personnel?** | **Blinding of outcome assessment?** | **Incomplete outcome data addressed?** | **Free of selective reporting?** | **Free of other bias (no funding)?** |
| Barbar | Y | U | U | Y | Y | Y | Y |

Abbreviations: *Y* Yes (i.e. low risk of bias), *N* No (i.e. high risk of bias), *U* Unclear (i.e. insufficient information to permit judgement of ‘low risk’ or ‘high risk’)