

	Selective reporting	Incomplete outcome data	Outcome evaluation	Blinding of outcome assessments	Measurement of exposure	Confounding variables	Selection of participants	Participant comparability
Al-Khamis 2016	+	+	+	+	+	+	+	+
Biondo 2012	+	+	+	+	+	?	?	+
Brandl 2016	+	+	+	+	+	●	?	+
Cronley 2016	+	+	+	+	+	+	?	●
Golda 2014	+	+	+	+	+	?	+	+
Halabi 2013	+	+	+	+	+	?	?	+
Reshef 2012	+	+	+	+	+	?	+	+
Samdani 2014	+	+	+	+	+	?	●	+
Sugrue 2018	+	+	+	+	+	?	?	+
Vaghiri 2022	+	+	+	+	+	?	?	+

● High risk of bias ● Unclear risk of bias ● Low risk of bias

Supplementary Fig. 1. Risk of bias assessment of included studies.