

Table S1. RoB 2 quality assessment for included RCTs.

Domain	Pisano [48]	Marshall [49]
D1. Randomization process	Low risk	High risk
D2. Deviations from intended interventions	Low risk	Some concerns
D3. Missing outcome data	Low risk	Low risk
D4. Measurement of the outcome	Low risk	Some concerns
D5. Selection of the reported result	Some concerns	Some concerns
Overall risk of bias	Low risk	High risk

Table S2. ROBINS-I quality assessment for included non-RCTs.

First Author [Reference]	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6	Item 7	Overall ROBINS-I
Moss [13]	S	M	L	L	L	M	M	S
Thiel [50]	S	M	L	L	L	M	M	S
Johnson [51]	S	M	L	L	L	M	M	S
Thiel [52]	S	M	L	L	L	M	M	S
Mousavi [53]	S	M	L	L	L	M	M	S
Simpson [54]	C	S	L	L	M	M	M	C
Thiel [55]	S	M	L	L	L	M	M	S
Johansson-Malmeling [56]	S	M	L	L	L	M	M	S
Curtis [57]	C	S	L	L	M	M	S	C
Raymer [58]	S	M	L	L	L	M	M	S

L: low risk of bias; M: moderate risk of bias; S: serious risk of bias; C: critical risk of bias.