

Study identifier	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Asa et al. [23] (2020)	-	?	?	+	?	?	-
Cianci et al. [24] (2015)	-	+	+	?	-	-	?
Fruzzetti et al. [25] (2020)	+	+	+	?	?	-	-
Hamed et al. [29] (2023)	?	?	+	+	-	-	-
Ivanova [26] (2015)	+	+	?	?	+	?	-
Jannatifar et al. [27] (2022)	-	-	?	-	?	-	-
Rago et al. [28] (2015)	+	+	+	?	?	-	?

**Supplementary Fig. 1.** Assessment of the risk of bias in the included studies. +, high risk; -, low risk; ?, unclear risk.