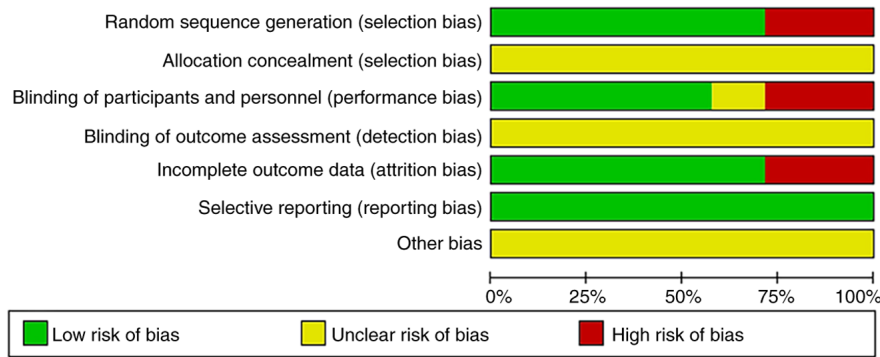Figure S1. Summary of risk of bias. (A) Risk of bias graph. Each risk of bias item is presented as a percentage across all included studies and indicates the proportional level for each risk of bias item. (B) Risk of bias. The methodological quality of the included studies according to a risk of bias tool that assessed randomization (sequence generation and allocation concealment), blinding (participants, personnel and outcome assessors), completeness of outcome data, selection of outcomes reported and other sources of bias.