

Figure S1. Assessment of methodological quality of the included trials. (A) Risk of bias for each included study. (B) The overall summary of bias of the ten studies.

A

Study	Risk of bias domains					Overall
	D1	D2	D3	D4	D5	
Chrubasik (1999)	+	-	+	+	+	+
Chrubasik (2000)	+	+	+	+	+	+
Frerick (2003)	+	+	+	+	+	+
Yip (2004)	+	-	+	-	+	-
Chrubasik (2010)	+	+	+	+	+	+
da Silva (2010)	+	+	+	+	+	+
Pach (2011)	+	+	+	+	+	+
Kong (2012)	+	-	+	-	+	-
Sritoomma (2014)	+	X	+	-	+	X
Ugurlu (2017)	X	X	-	-	+	X
Shirazi (2017)	-	X	+	-	+	X
Alkanat (2023)	+	X	+	-	+	X
Pérez-Piñero (2024)	+	+	-	+	+	+

Domains:

D1: Bias arising from the randomization process.

D2: Bias due to deviations from intended intervention.

D3: Bias due to missing outcome data.

D4: Bias in measurement of the outcome.

D5: Bias in selection of the reported result.

Judgement

X High

- Some concerns

+ Low

B

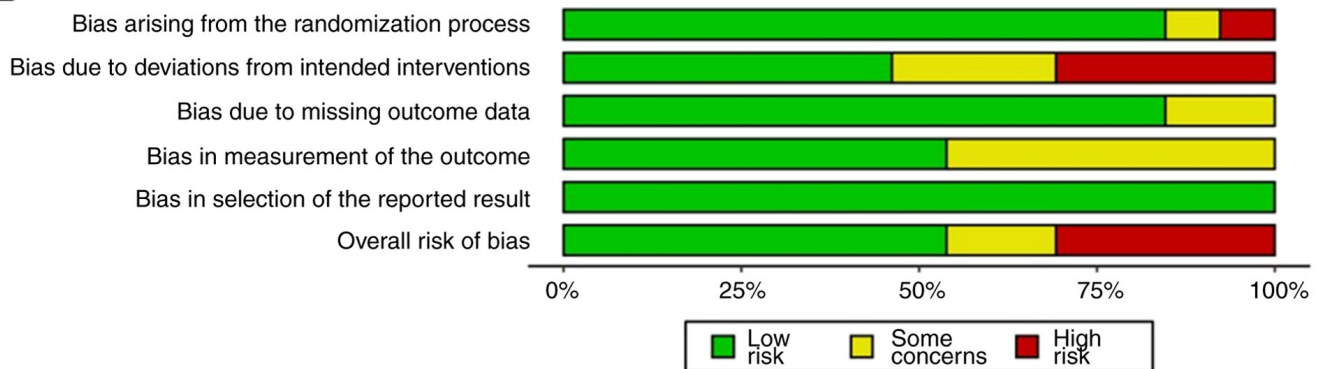


Figure S2. Funnel plot that summarizes the results from all the included studies. The lines usually depict the confidence intervals around the effect estimates, showing the range where the true effect size is likely to fall. The circles denote individual studies included in the meta-analysis, with their size possibly reflecting the weight or sample size of each study; larger circles signify studies with greater weight or larger sample sizes. The diamond symbol represents the overall effect estimate from the meta-analysis. The center of the diamond indicates the pooled effect size, while the width of the diamond illustrates the confidence interval for this estimate. (A) The 13 included randomized controlled trials. (B) Corresponds to the sensitivity analysis from Fig. 4G.

