

**Supplementary Material 5.** Risk of bias assessment for the randomized clinical trials

Study	Year	Selection bias		Performance bias		Detection bias		Attrition bias	Reporting bias	Other bias	Overall
		Random sequence	Allocation concealment	Blinding of participants	Blinding of study team	Random outcome assessment	Blinding of outcome assessor	Incomplete outcome data	Selective outcome data	Yes	
Cardenas et al. <sup>46</sup>	2020	Low	High	High	Low	Low	Low	Low	Low	Low	High
Ginis et al. <sup>47</sup>	2003	Low	High	High	High	Low	High	Low	Low	Low	High
Hicks et al. <sup>48</sup>	2003	Low	High	High	High	Low	High	High	Low	Low	High
Nightingale et al. <sup>49</sup>	2018	Low	High	High	High	Low	High	Low	Low	Low	High
Mulroy et al. <sup>21</sup>	2011	Low	High	High	Low	Low	Low	Low	Low	Low	High