

Certainty assessment							Summary of findings				
Participants (studies)	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication bias	Overall certainty of evidence	Study event rates (%)		Relative effect (95% CI)	Anticipated absolute effects	
Follow-up							With placebo	With essential oil therapy		Risk with placebo	Risk difference with essential oil therapy
Pain intensity (assessed with: VAS; Scale from: 0 to 10)											
443 (7 RCTs)	serious ^a	very serious ^a	not serious	not serious	none	⊕○○○ Very low	222	221	-	The mean pain intensity was -0.64	MD 0.64 lower (0.99 lower to 0.3 lower)
Stiffness (assessed with: VAS; Scale from: 0 to 8)											
124 (3 RCTs)	serious ^a	very serious ^a	not serious	serious ^a	none	⊕○○○ Very low	64	60	-	The mean stiffness was -0.77	MD 0.77 lower (1.57 lower to 0.04 higher)