

Table S3. Risk-of-bias of randomized controlled trials based on RoB 2 tool, as recommended by Cochrane.

Study	D1	D2	D3	D4	D5	Overall risk of bias
	Randomization process	Deviations from the intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	
Zhou et al. 2017 [8]	LOW	LOW	LOW	LOW	LOW	LOW