

		Risk of bias domains					
		D1	D2	D3	D4	D5	Overall
Study	Dogan et al. (2018)						
	Taylor et al. (2017)						

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
 High
 Some concerns
 Low

Figure S1. Result of risk of bias assessment for each randomized control trial using the RoB 2 tool.

		Risk of bias domains							
		D1	D2	D3	D4	D5	D6	D7	Overall
Study	Kahraman et al. (2020)								
	Jones et al. (2019)								
	Fu et al. (2018)								
	Brown & Lee (2015)								
	Townsend & Pitchford (2012)								
	Brown & Lee (2011)								

Domains:
D1: Bias due to confounding.
D2: Bias due to selection of participants.
D3: Bias in classification of interventions.
D4: Bias due to deviations from intended interventions.
D5: Bias due to missing data.
D6: Bias in measurement of outcomes.
D7: Bias in selection of the reported result.

Judgement
 Serious
 Moderate
 Low

Figure S2. Result of risk of bias assessment for each observational study using the ROBINS-I tool.

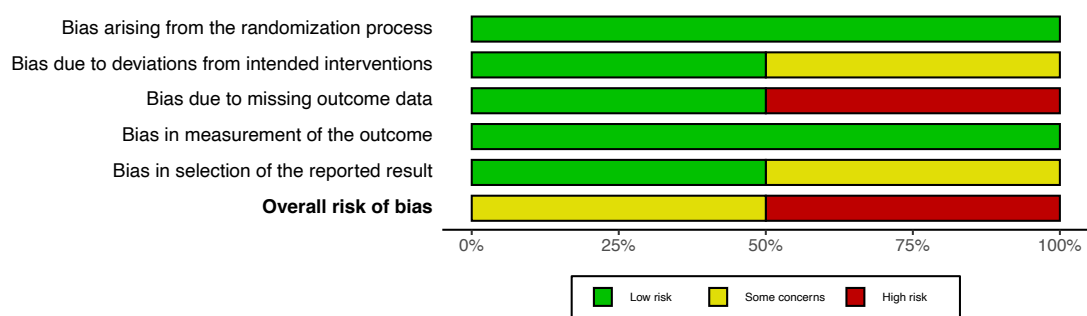


Figure S3. Summary of risk of bias assessment for randomized control trials using the RoB 2 tool.

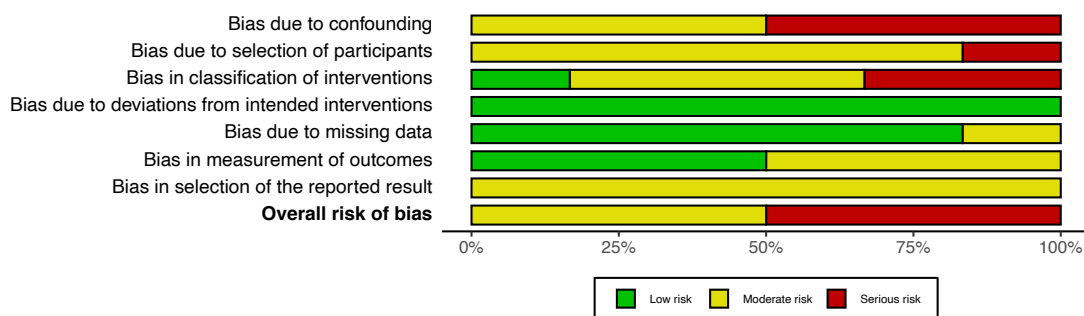


Figure S4. Summary of risk of bias assessment for observational study using the ROBINS-I tool