

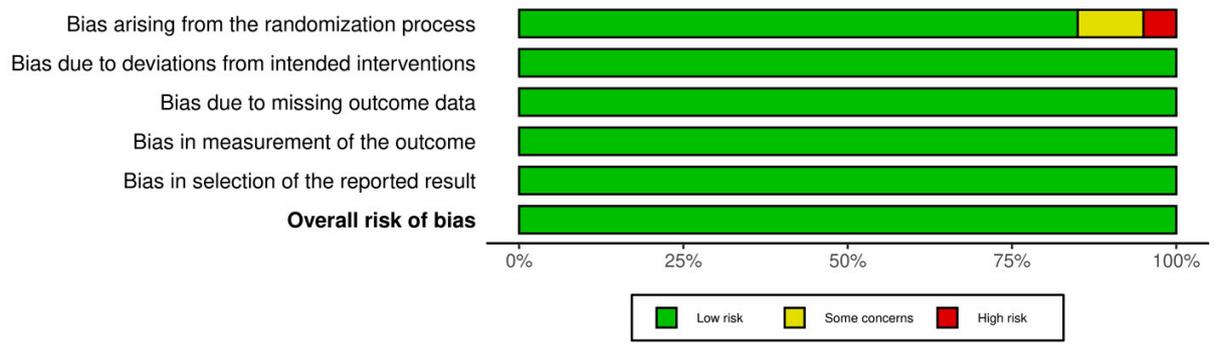
**Supplementary Materials:** *Risk of bias assessment:* The risk of bias for each of the twenty included studies was assessed using RobVis, a web-based application designed specifically for visualizing risk-of-bias assessments within systematic reviews. This tool was chosen for its ability to communicate the results of bias assessments through its visualization features. RobVis provides two main types of visual outputs. The first one, “Traffic Light” plot (**Supplementary Figure S1**), displays the domain-level judgments for each study, using a color-coded system where green indicates a low risk of bias, yellow indicates some concerns, and red indicates a high risk of bias. This visualization allows for an immediate grasp of the areas where biases may exist within and across studies. The second type of output is the weighted bar plot (**Supplementary Figure S2**) that is intended to show the distribution of risk-of-bias judgments within each bias domain across all included studies, weighted by the importance of each domain. This helps in understanding the overall landscape of biases that might affect this review’s findings.

		Risk of bias domains					
		D1	D2	D3	D4	D5	Overall
Study	Frye et al. 2010						
	Tani et al. 1994						
	Eto et al. 1992						
	Danfors et al. 2005						
	Komori et al. 1995						
	Fernell et al. 1997						
	Klaiman et al. 2013						
	Elliot et al. 2018						
	Frye et al. 2013						
	Zimmerma et al. 2005						
	Zhao et al. 2015						
	Harrison et al. 1995						
	Messahel et al. 1998						
	Essa et al. 2012						
	Tostes et al. 2012						
	Priya & Geetha 2011						
	Sweeten et al. 2004						
	Sogut et al. 2003						
	Fu et al. 2019						
	Yao et al. 2021						

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

**Supplementary Figure S1.** Risk of bias assessment for the twenty included studies.



Supplementary Figure S2. Graph bar results of the risk of bias assessment.