

**Supplementary Table S2.** Risk of bias summary showing review authors' judgments about each risk of bias domain of the Revised Cochrane Risk of Bias Tool 2.0

Study	Domain 1: Risk of bias arising from the randomization process	Domain 2: Risk of bias due to deviations from the intended interventions	Domain 3: Missing outcome data	Domain 4: Risk of bias in measurement of the outcome	Domain 5: Risk of bias in selection of the reported result	Overall risk of bias
Ansai et al 2015, 2016	Low risk	Low risk	Low risk	Some concerns	Low risk	Some concerns
Bardstu et al 2020	Low risk	Low risk	Some concerns	Some concerns	Low risk	Some concerns
Bechshøft et al 2017	Low risk	Some concerns	Some concerns	Low risk	Low risk	Some concerns
Bonnefoy et al 2003	Low risk	Low risk	Some concerns	Some concerns	Low risk	Some concerns
Campbell et al 1997	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cancela Carral et al 2017	High risk	High risk	Some concerns	Some concerns	Low risk	High risk
de Bruin et al 2007	High risk	Low risk	Some concerns	Some concerns	Low risk	High risk
Giné-Garriga et al 2010, 2013	Low risk	Some concerns	Some concerns	Low risk	Some concerns	Some concerns
Hamdorf et al 1999	Low risk	High risk	Some concerns	Some concerns	Some concerns	High risk
Hartshorn et al 2002	Some concerns	Some concerns	Low risk	Low risk	Some concerns	Some concerns
Hvid et al 2016	Low risk	High risk	Some concerns	Low risk	Low risk	High risk
Kalapocharakos et al 2010	Some concerns	High risk	Some concerns	Low risk	Low risk	High risk
Kim et al 2019	Low risk	Low risk	Low risk	Low risk	Some concerns	Some concerns
Luukinen et al 2006, 2007	Some concerns	Low risk	Some concerns	Some concerns	Low risk	Some concerns
Rosie & Taylor 2007	Low risk	Low risk	Low risk	Low risk	Some concerns	Some concerns
Siemonsma et al 2018	Some concerns	Low risk	Some concerns	Some concerns	Some concerns	Some concerns

