

| | | Risk of bias domains | | | | | |
|--|-----------|----------------------|----|----|----|----|---------|
| | | D1 | D2 | D3 | D4 | D5 | Overall |
| Study | Hari 2022 | | | | | | |
| | Song 2022 | | | | | | |
| | Lee 2023a | | | | | | |
| | Lee 2023b | | | | | | |
| | Lee 2023c | | | | | | |
| | Park 2023 | | | | | | |
| | Cho 2024 | | | | | | |
| | Lee 2024a | | | | | | |
| | Lee 2024b | | | | | | |
| | Lee 2024c | | | | | | |
| | Yoo 2024 | | | | | | |
| | Yim 2024 | | | | | | |
| Domains: | | Judgement | | | | | |
| D1: Bias arising from the randomization process. | | Some concerns | | | | | |
| D2: Bias due to deviations from intended intervention. | | Low | | | | | |
| D3: Bias due to missing outcome data. | | | | | | | |
| D4: Bias in measurement of the outcome. | | | | | | | |
| D5: Bias in selection of the reported result. | | | | | | | |

Supplementary Fig. 7. (A) Risk of bias summary. Green circle, low risk; yellow circle, some concerns; red circle, high risk.

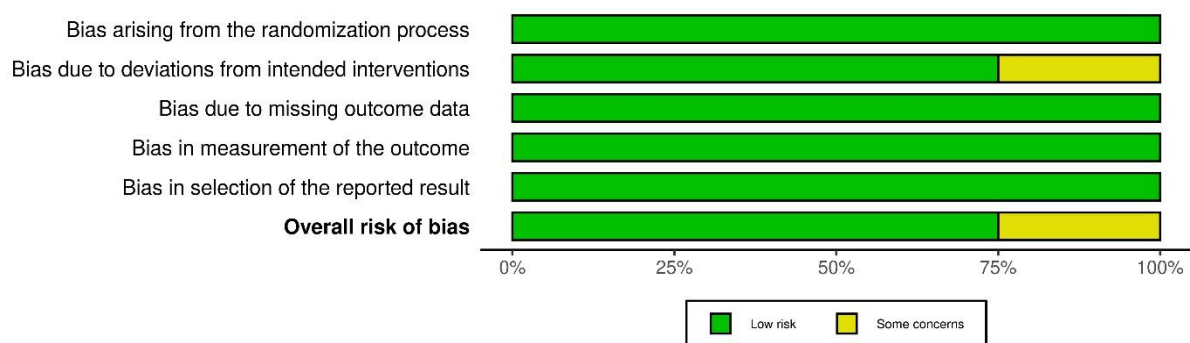


Figure S7. (B) Overall risk of bias as a summary plot.