

	Random sequence generator (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Barbato et al. (2008) ²⁾	+	+	-	+	-	+	?
Macdonald et al. (2010) ³⁰⁾	+	+	-	+	-	+	?

Supplementary Fig. 1. Risk of bias summary for five randomized controlled trial studies.