

Supplementary Table 1. Quality assessment of randomized studies with the Review Manager 5.3

Study	Random sequence generation (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
Govender et al. ¹⁶⁾ (2003)	Low risk	Unclear	Low risk	Unclear	Unclear	Unclear	Unclear
Mbabazi-Kabachelor et al. ³⁰⁾ (2019)	Low risk	Unclear	Low risk	Low risk	Unclear	Unclear	Unclear