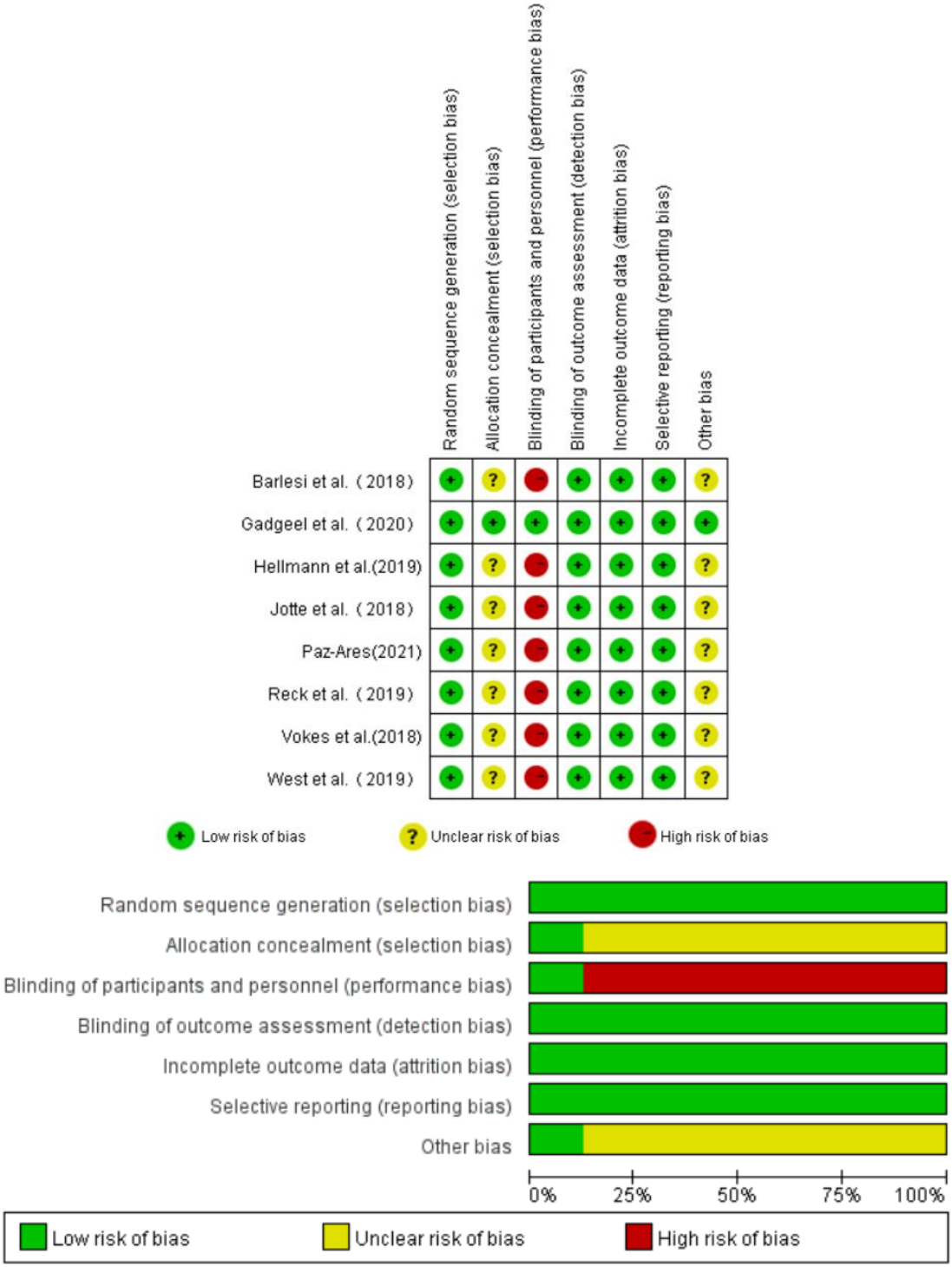

S1 Fig. Cochrane risk of bias tool assessment of randomized controlled trials.