

Supplementary Table 2. Individual randomized controlled trial methodological quality

Study	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data addressed	Free of selective reporting	Risk of bias of randomized studies	Oxford Centre for Evidence-Based Medicine 2011 Levels of Evidence ^{a)}
Del Signore 2022 [3]	Yes	Yes	Yes	No	Yes	Yes	Risk of bias (high)	II

^{a)}Howick J, Chalmers I, Glasziou P, Greenhalgh T, Heneghan C, Liberati A, et al. Explanation of the 2011 Oxford Centre for Evidence-Based Medicine (OCEBM) levels of evidence (background document). Oxford: Centre for Evidence-Based Medicine; 2022. Available from: <https://www.cebm.ox.ac.uk/resources/levels-of-evidence/ocebml-levels-of-evidence>