

Supplementary Table 2. Risk of Bias of Primary Randomized Controlled Trials

Study	Randomization	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective outcome data	Other bias
ACT 1 Rutgeerts (2005) ¹	Unclear	Low	Low	Low	Unclear	Low	Low
ACT 2 Rutgeerts (2005) ¹	Unclear	Low	Low	Low	Unclear	Low	Low
Jiang (2015) ²	Unclear	Low	Low	Low	High	Low	Low
NCT01551290 (2014) ³	Low	Unclear	Low	Low	Low	Low	Low
ULTRA 1 Reinisch (2011) ⁴	Low	Low	Low	Low	Low	Low	Low
ULTRA 2 Sandborn (2012) ⁵	Unclear	Unclear	Unclear	Unclear	High	Low	Low
Suzuki (2014) ⁶	Low	Unclear	Low	Low	Low	Low	Low
PURSUIT-SC Sandborn (2014) ⁷	Low	Low	Low	Low	Low	Low	Low
PURSUIT-M Sandborn (2014) ⁸	Unclear	Unclear	Low	Low	Low	Low	Low
PURSUIT-J Hibi (2017) ⁹	Low	Unclear	Low	Low	Low	Low	Low
GEMINI 1 Feagan (2013) ¹⁰	Low	Low	Low	Low	Unclear	Low	Low
Motoya (2018) ¹¹	Unclear	Unclear	Low	Low	High	Low	High
VARSITY Sands (2019) ¹²	Low	Low	Low	Low	High	Low	Unclear
VISIBLE 1 Sandborn (2020) ¹³	Unclear	Unclear	Low	Low	Low	Low	Low
UNIFI Sands (2019) ¹⁴	Low	Unclear	Low	Low	Low	Low	Low
OCTAVE 1 Sandborn (2017) ¹⁵	Low	Low	Low	Low	Low	Low	Low
OCTAVE 2 Sandborn (2017) ¹⁵	Low	Low	Low	Low	Low	Low	Low
OCTAVE Sustain Sandborn (2017) ¹⁵	Low	Low	Low	Low	Low	Low	Low
Steenholdt (2014) ¹⁶	Low	Low	Unclear	Unclear	Low	Low	Low
UC SUCCESS Panaccione (2014) ¹⁷	Low	Low	Low	Unclear	Low	Low	Low
PALETCD Ye (2019) ¹⁸	Low	Low	Low	Low	Low	Low	Low
NOR-SWITCH Jørgensen (2017) ¹⁹	Low	Low	Low	Low	Low	Unclear	Low
Järnerot (2005) ²⁰	Low	Low	Low	Low	Unclear	Low	Low
Laharie (2012) ²¹	Low	Low	Low	Low	Low	Low	Low