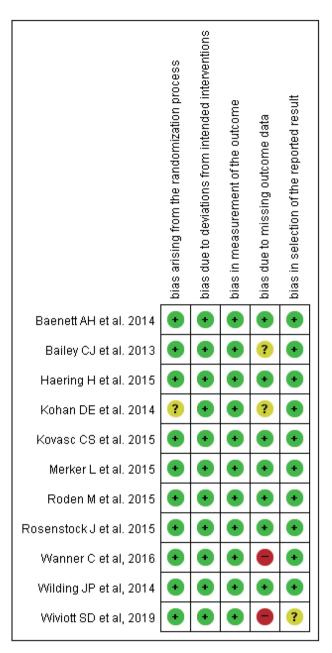
Supplements



Supplementary Fig. 1. Study quality and risk of bias assessment. The risk of bias for each randomized controlled trial was classified as adequate (low risk of bias, green color), unclear (unclear risk of bias, yellow color), or inadequate (high risk of bias, red color) using the Cochrane Risk of Bias Tool.