

Supplementary Table S5. JBI critical appraisal tool for randomised controlled trials

Main author, yr	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13
Cao L, 2020	UN	Y	Y	UN	UN	UN	Y	Y	N	Y	Y	Y	N
Cui K, 2020	Y	UN	Y	UN	UN	UN	Y	Y	Y	Y	Y	Y	Y
Dai G, 2021	UN	UN	Y	UN	N	N	Y	Y	Y	Y	Y	Y	N
Dun Y et al., 2022	Y	Y	Y	N	N	Y	Y	Y	Y	Y	Y	Y	Y
Gong T et al., 2015	Y	UN	Y	UN	UN	Y	Y	Y	Y	Y	Y	Y	Y
Harel-Katz H et al., 2020	Y	Y	Y	N	N	Y	Y	Y	Y	Y	Y	Y	Y
Kamada M et al., 2015	Y	Y	Y	Y	N	Y	Y	Y	Y	Y	Y	N	Y
Lee H et al., 2009	Y	Y	Y	N	N	Y	Y	Y	Y	Y	UN	Y	Y
Lee J et al., 2022	UN	UN	Y	UN	N	UN	UN	Y	Y	Y	Y	Y	Y
Li C et al., 2010	UN	UN	Y	N	N	Y	Y	Y	Y	Y	Y	Y	Y
Liang C et al., 2021	Y	UN	Y	UN	UN	UN	Y	Y	Y	Y	Y	UN	Y
Ji R, 2019	UN	Y	Y	Y	Y	UN	Y	UN	Y	Y	Y	Y	N
Tong C et al., 2016	Y	Y	Y	UN	UN	UN	Y	Y	Y	Y	Y	Y	Y
Wang L et al., 2020	Y	Y	Y	N	N	Y	Y	Y	Y	Y	UN	Y	Y
Yoo I et al., 2011	Y	UN	Y	UN	UN	Y	Y	UN	Y	Y	Y	N	Y
Zhu Q, 2018	UN	UN	Y	UN	UN	UN	Y	Y	Y	Y	Y	Y	N

Q1. Was true randomization used for assignment of participants to treatment groups?

Q2. Was allocation to treatment groups concealed?

Q3. Were treatment groups similar at the baseline?

Q4. Were participants blind to treatment assignment?

Q5. Were those delivering treatment blind to treatment assignment?

Q6. Were outcomes assessors blind to treatment assignment?

Q7. Were treatment groups treated identically other than the intervention of interest?

Q8. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?

Q9. Were participants analyzed in the groups to which they were randomized?

Q10. Were outcomes measured in the same way for treatment groups?

Q11. Were outcomes measured in a reliable way?

Q12. Was appropriate statistical analysis used?

Q13. Was the trial design appropriate, and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?

JBI, Joanna Briggs Institute; UN, unclear; Y, yes; N, no.