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Supplementary Table 1. Risk of bias assessment of included studies

Study	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes	Bias in selection of the reported result	Overall bias
Bulwa, 2020[4]	Moderate	Low	Moderate	Low	Low	Low	Low	Moderate
Naldi, 2023[3]	Moderate	Low	Moderate	Low	Moderate	Low	Moderate	Moderate
Lu, 2019[1]	Moderate	Low	Moderate	Low	Low	Low	Moderate	Moderate
Matsubara, 2020[20]	Serious	Low	Moderate	Low	Low	Low	Moderate	Serious
Mönch, 2018[18]	Moderate	Low	Moderate	Low	Low	Low	Low	Moderate
Qiu, 2022[6]	Moderate	Low	Moderate	Low	Low	Low	Low	Moderate
Suyama, 2022[2]	Serious	Low	Moderate	Low	Low	Low	Low	Serious
Matsubara, 2019[5]	Serious	Low	Serious	Low	Low	Low	Low	Serious
Sano, 2020[19]	Serious	Low	Moderate	Low	Low	Low	Low	Serious