

Supplemental Table S4. Evaluation of Risk of Bias Using Cochrane Risk of Bias Tool for Randomized Controlled Trials

	Bias arising from the randomization process	Bias due to deviations from intended interventions	Bias due to missing outcome data	Bias in measurement of the outcome	Bias in selection of the reported result	Overall bias
Lee et al. (2023) [6]	L	L	L	L	L	L
Lee et al. (2022) [11]	L	L	L	L	L	L
Bae et al. (2021) [15]	L	L	L	L	L	L

L, low.