

**Appendix 2.** Quality assessment

Study	Randomisation (2)	Blinding (2)	An account of all patients (1)	Total / 5
Wang et al. <sup>19</sup> 2019	2	1	1	4
Wang et al. <sup>25</sup> 2020	2	2	1	5
Su et al. <sup>21</sup> 2020	2	2	1	5
Gong et al. <sup>22</sup> 2020	2	2	1	5
Liu et al. <sup>23</sup> 2020	1	0	1	2
Luo et al. <sup>20</sup> 2020	2	0	1	3
Repici et al. <sup>24</sup> 2020	2	1	1	4

Assessment of bias for RCTs using the Jadad scale; score  $\geq 3$ , good quality.