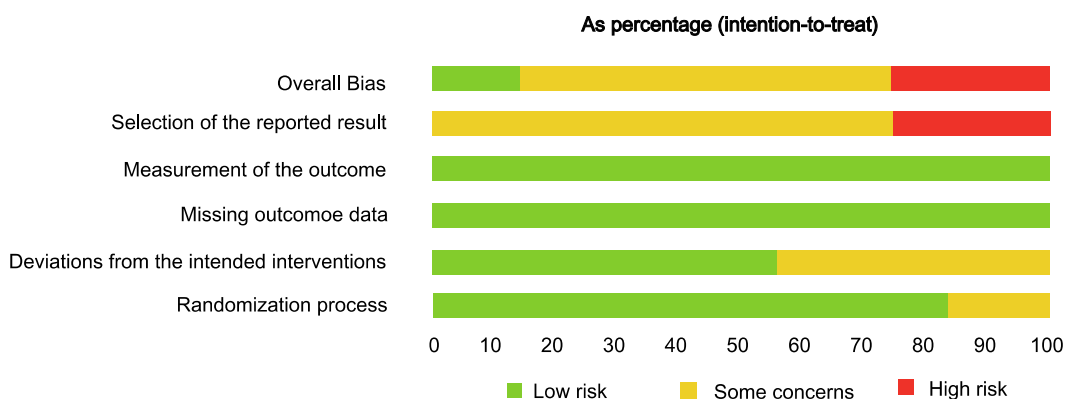


Study ID	D1	D2	D3	D4	D5	Overall	
Vignali 2016	!	!	+	+	-	-	+
Mari 2018	+	+	+	+	!	!	!
Bollo 2019	+	!	+	+	!	!	-
Allaix 2019	+	+	+	+	-	-	
Ferrer-Márquez 2021	+	+	+	+	!	!	
Dohrn 2022	+	+	+	+	!	+	
Małczak 2022	+	!	+	+	!	!	

D1 Randomization proces
 D2 Deviations from the intended interventions
 D3 Missing outcome data
 D4 Measurement of the outcome
 D5 Selection of the reported result



Supplementary Fig. 1. Risk of bias 2 assessment of randomized controlled trials.