

Supplemental Table 1 Quality assessment of the included studies based on the Cochrane tool for assessment of risk of bias

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Other bias	Selective reporting (reporting bias)
Araujo 2003	?	?	?	?	?	-	-
Braga 2007	+	+	?	+	-	?	+
Fleshman 2015	+	+	+	+	+	?	+
Guillou 2005	+	+	?	+	-	?	+
Kang 2010	+	?	+	+	+	+	+
Liang 2011	?	+	+	+	+	?	-
Liu 2010	+	-	-	?	?	?	-
Lujan 2009	+	+	+	+	+	?	?
Ng 2008	+	+	+	?	+	+	+
Ng 2009	+	+	+	?	+	?	+
Ng 2014	+	+	?	?	-	?	+
Stevenson 2015	+	+	+	+	+	?	+
van der Pas 2013	+	+	+	?	+	+	+
Zhou 2004	?	-	-	-	?	?	-

+: Low risk of bias; -: High risk of bias; U: Unclear risk of bias.