**Table 2: Assessment of the risk of bias in the included studies**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author, year** | **Sample size (including in analyses)** | **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)** | **Selective reporting (reporting bias)** | **Other bias** |
| Mukuddem-Petersen et al, 2007[31] | 64 | **\_** | **+** | **+** | **\_** | **+** | **\_** | **\_** |
| Pieters et al, 2005[32] | 64 | **?** | **+** | **+** | **\_** | **+** | **\_** | **\_** |
| Mah et al, 2017[29] | 51 | **\_** | **\_** | **+** | **\_** | **\_** | **\_** | **\_** |
| Mohan et al, 2018[30] | 269 | **?** | **+** | **+** | **\_** | **+** | **\_** | **\_** |
| Baer et al 2019[27] | 40 | **\_** | **+** | **+** | **\_** | **+** | **\_** | **\_** |
| Darvish Damavandi, et al, 2019[28] | 43 | **?** | **+** | **+** | **\_** | **+** | **\_** | **\_** |

**+: High risk, -: Low risk, ?:Unclear**