**Table S3** Quality assessment of the included studies.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Randomization** | |  | **Masking** | | **Accountability of all patients** | **Quality (score)** |
| **Randomization sequence** | **Methods of allocation** |  | **Double blind** | **Appropriate methods** |
| 2010 Ajani[8] | ★ | ★ |  | ★ |  | ★ | 4 |
| 2013 Ajani[10] |  |  |
| 2011 Li[13] | ★ |  |  | ★ |  | ★ | 3 |
| 2015 Li[11] | ★ | ★ |  | ★ | ★ | ★ | 5 |
| 2015 Shen[14] | ★ |  |  | ★ |  | ★ | 3 |
| 2017 Ajani[12] | ★ | ★ |  | ★ | ★ | ★ | 5 |