**Supplementary Table 4.** Risk-of-bias criteria in randomized controlled trials (RCT)

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| --- | --- | --- | --- | --- | --- | --- |
| Authors | Rubini 2015 [34] | Moreno 2014 [32] | Moreno 2016 [10] | Goday 2016 [28] | Perticone 2019 [33]  | Merra 2016 [13] |
| Was the method of randomization to groups appropriate? | Nr | Nr | Nr | Nr | - | + |
| Was the allocation sequence concealed from those assigning patients to groups? | Nr | Nr | Nr | Nr | Nr | + |
| Was the outcome measurement performed in the same manner with similar intensity in all groups being compared? | + | + | + | + | + | + |
| Participant blinding | - | - | - | - | - | + |
| Were similarly trained individuals administering the intervention across groups? | + | + | + | + | + | Nr |
| Outcome-assessor blinding | - | - | - | - | - | + |
| Were all the withdrawals described? | - | + | + | + | + | + |
| Were all originally randomized participants analysed in the groups they were assigned to (i.e., an intention-to-treat analysis)? | Nr | + | + | + | - | + |
| Was clustering at the group level accounted for in the analyses? | Nr | + | + | - | - | Nr |
| Were the groups similar at baseline? | Nr | + | + | + | + | + |
|  |  |  |  |  |  |  |

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| --- |
| \*Not reported (Nr); present (+); absent (-) |