

	Randomization process Deviations from intended interventions		Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
	+					Low risk
	?					Some concerns
						High risk
Li2011 ²¹	+	+	+	+	+	+
Cui2015 ¹⁸	+	+	?	+	?	?
Wu2021 ²²	?	+	+	+	+	!
Xing2022 ²³	+	+	+	+	+	+
Wu2022 ²⁷	+	+	+	+	+	+
Rashidi2013 ²⁶	+	+	+	+	+	+
Altutunji2019 ²⁵	+	?	+	+	?	!
Guo2022 ²⁰	+	+	+	+	?	+
Ye2020 ²⁴	+	+	+	+	+	+
Chen2009 ¹⁹	?	+	+	+	+	?
Cui2012 ²⁸	?	+	+	+	?	?
Li2009 ²⁹	?	+	+	+	?	?

* Supplementary Table S5: risk of bias of included studies.