Table S1. Quality assessment of the included RCTs included in the meta-analysis

Study	Random sequence generation	Allocation concealment	Blinding (participants and personnel)	Blinding (outcome assessment)	Incomplete outcome data	Selective reporting	Other sources of bias
Johnson and Pring (1990) (10)	unclear	unclear	unclear	low	low	low	low
Ramig et al. (1995) (21)	low	unclear	unclear	unclear	low	low	unclear
Ramig et al. (1996) (14)	low	unclear	unclear	unclear	low	low	unclear
Ramig et al. (2001) (17)	low	unclear	unclear	unclear	low	low	low
Ramig et al. (2001) (13)	low	unclear	high	low	low	low	unclear
Halpern et al. (2012) (15)	unclear	unclear	unclear	unclear	low	low	low
Tang et al. (2016) (16)	unclear	unclear	unclear	unclear	low	low	low
Yang et al. (2017) (12)	unclear	unclear	unclear	unclear	low	low	low
Sackley et al. (2018) (11)	low	unclear	low	low	low	unclear	low
Ramig et al. (2018) (9)	low	low	high	unclear	low	low	low

Abbreviation: RCT=randomized controlled trial.