

Supplementary Material 1

	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
Thanh 2013	+	?	?	+	?	+	+
Deng 2016	+	?	?	+	?	+	-
Less 2011	?	?	?	?	+	+	?
Lorig 2009	+	?	+	?	+	+	-
Paz-Pacheco 2017	?	-	-	-	+	+	-
Philis-Tsimikas 2011	+	-	-	?	?	+	?
Riddell 2016	?	?	+	?	+	+	?
Samuel-Hodge 2009	+	?	?	+	+	+	?
Siminerio 2013	?	?	?	?	+	+	?
Sinclair 2012	?	-	-	?	+	+	?
Tang 2015	+	+	+	-	-	+	?
Yin 2015	?	?	-	?	+	+	-

+ low risk of bias
 ? Unclear risk of bias
 - High risk of bias

Figure 1. Risk of Bias Summary

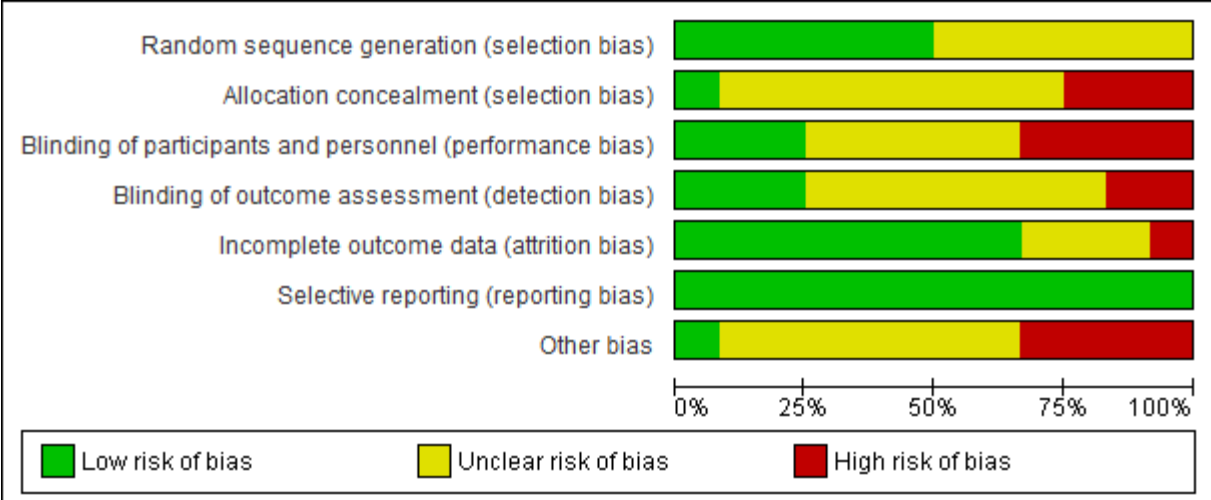


Figure 2. Risk of Bias Graph