Supplemental Material

 Table 2. Details on study design and methodological quality

Bias Domain	Source of bias	Added 2013 ²⁵	Al- Shareef 2016 ²³	Bae 2013 ²⁷	Castro-S ánchez 2012 ²⁰	Grześkowiak 2018 ²⁴	Júnior 2015 ²²	Kamali 2017 ²⁸	Köroğlu 2017 ²⁶	Parreira 2014 ²¹	Keles 2016 ¹⁹
Selection	(1) Was the method of randomization adequate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Unsure
Selection	(2) Was the treatment allocation concealed?	Yes	Yes	Unsure	Yes	Yes	Yes	Unsure	Unsure	Yes	Yes
Performance	(3) Was the patient blinded to the intervention?	No	Unsure	Unsure	Yes	Unsure	Unsure	Unsure	Unsure	Yes	Yes
Performance	(4) Was the care provider blinded to the intervention?	No	No	Unsure	No	Unsure	No	Unsure	Unsure	Yes	No
Detection	(5) Was the outcome assessor blinded to the intervention?	Yes	Unsure	Unsure	Yes	Unsure	Yes	Unsure	Unsure	Yes	Yes
Attrition	(6) Was the drop-out rate described and acceptable?	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes
Attrition	(7) Were all randomized participants analyzed in the group to which they were allocated?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Reporting	(8) Are reports of the study free of suggestion of selective outcome reporting?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Selection	(9) Were the groups similar at baseline regarding the most important prognostic indicators?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Performance	(10) Were cointerventions	Yes									
	avoided or similar?										
Performance	(11) Was the compliance acceptable in all groups?	Yes									
Detection	(12) Was the timing of the outcome assessment similar in all groups?	Yes									
Other	(13) Are other sources of potential bias unlikely?	Yes	Yes	No	Yes						