

Supplemental Table 1A: Quality Assessment of Randomized Control Trial:

Author	Allocation concealment	Blinding/ patient-related outcomes	Incomplete outcome data addressed	Free of selective reporting	Free of other bias	Random sequence generation	Overall quality assessment
Gode et al.	Unclear	Unclear	Low	Unclear	Unclear	Low	Unclear

Supplemental Table 1B: Quality Assessment of Observational Studies:

Author	Score
Gubisch et al.	9
Most et al.	10
Kantas et al.	**
Jang & Kwon	11
Wilson & Mobley	9
Persichetti et al	9
Sazgar & Amali	12
Serna & Tapia	0
Lee & Jang	11
Surowitz et al.	11
Kayabasoglu et al.	8
Persichetti et al.	11
Mobley & Long	7
Unsal et al	**
Loyo et al.	9
Marangi et al	12
Average	9