

Supplementary Table 6. Risk of bias by RoB 2.0 tool of included studies in key question #4

Studies	Random sequence generation	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Overall
Choi et al. ⁴¹ (2020)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
You et al. ⁴² (2006)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Ma et al. ⁴³ (2012)						
Li et al. ⁴⁴ (2019)						
Leung et al. ⁴⁵ (2004)	Low risk	Low risk	High risk	Low risk	Some concern	High risk
Zhou et al. ⁴⁶ (2014)						
Wong et al. ⁴⁷ (2012)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Saito et al. ⁴⁸ (2005)	Some concern	High risk	High risk	High risk	Some concern	High risk
Wong et al. ⁴⁹ (2004)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Correa et al. ⁵⁰ (2000)	Low risk	Low risk	High risk	Low risk	Some concern	High risk