

Table S2. Summary of risk of bias judgements for each study.

Author (year)	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other bias
Moyle et al. (2017)	Low risk	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk
Moyle et al. (2019)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Yilmaz et al. (2020)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Cai et al. (2019)	Low risk	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk
Li (2020)	Unclear risk	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk
Li (2021)	Low risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk	Low risk
Zhen et al. (2020)	Unclear risk	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk
Balzotti et al. (2019)	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Cantarella et al. (2018)	Low risk	Low risk	High risk	Unclear risk	Low risk	Low risk	Low risk
Molteni et al. (2022)	Low risk	Low risk	High risk	Low risk	Low risk	Low risk	Low risk
Santagata et al. (2021)	Low risk	Unclear risk	Unclear risk	Low risk	Low risk	Low risk	Low risk
Yang et al. (2021)	Low risk	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk