

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Differences between groups with regards to the baseline characteristics	Blinding of participants and personnel (performance bias)	Blinding of those delivering treatment with regards to treatment assignment	Blinding of outcome assessment (detection bias)	Selective reporting (reporting bias)	Incomplete outcome data (attrition bias)	Analysis of intention-to-treat	Differences in outcome measurements	Unreliability of outcome measurements	Inappropriate statistical analysis	Appropriate trial design	Other bias
Cao 2020	?	?	+	?	?	?	+	+	+	+	+	+	?	?
Cui 2020	+	?	+	?	?	?	+	+	+	+	+	+	+	+
Dai 2021	?	?	+	?	+	+	+	+	+	+	+	+	?	?
Dun et al. 2022	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Gong et al. 2015	+	?	+	?	?	+	+	+	+	+	+	+	+	+
Harel-Katz et al. 2020	+	+	+	+	+	+	+	+	+	+	+	+	?	+
Ji 2019	?	?	+	+	+	?	?	?	+	+	+	+	?	?
Kamada et al. 2015	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Lee et al. 2009	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Lee et al. 2022	?	?	+	?	?	?	+	+	+	+	+	+	+	+
Liang et al. 2021	+	?	+	?	?	?	+	+	+	+	+	+	?	+
Li et al. 2010	?	?	+	+	+	+	+	+	+	+	+	+	+	+
Tong et al. 2016	?	?	+	?	?	?	+	+	+	+	+	+	+	+
Wang et al. 2020	+	+	+	+	+	+	+	+	+	+	+	?	+	+
Yoo et al. 2011	+	?	+	?	?	+	+	?	+	+	+	+	+	+
Zhu 2019	?	?	+	?	?	?	+	+	+	+	+	+	?	+

**Supplementary Fig. S3.** Risk of bias summary for randomised controlled trials.