

Supplementary Table S2 Cochrane Collaboration tool for assessing risk of bias in randomized controlled trials included in the study.

Study	Random sequence generation (<i>selection bias</i>)	Allocation concealment (<i>selection bias</i>)	Blinding of participants and personnel (<i>performance bias</i>)	Blinding of outcome assessment (<i>detection bias</i>) (patient-reported outcomes)	Incomplete outcome data addressed (<i>attrition bias</i>) (short-term outcomes 2-6 wks)	Incomplete outcome (<i>attrition bias</i>) (Longer-term outcomes > 6 wks)	Selective reporting (<i>reporting bias</i>)	Other potential threats to validity
Pagliai G, 2019 [29,30]	High	Low	Low	Low	Not applicable	Low	Low	Low
Wan Y, 2019 [33,34]	Low	Low	Low	Low	Not applicable	Low	Low	Low
Ghosh TS, 2020 [35,36]	Low	Low	Low	Low	Not applicable	Low	Low	Low