

Suppl table S1 GRADE evidence profile of the included trials

References	Participants	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication bias	Quality of evidence
Bekker et al. [16]	56	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HIGH
Peng et al. [7]	76	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HIGH
Rajan et al. [17]	139	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HIGH
Song et al. [18]	52	Serious risk of bias*	No serious risk of inconsistency	No serious risk of indirectness	Serious risk of imprecision*	Undetected	MODERATE
Sriganesh et al. [2]	24	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HIGH
Turgut et al. [19]	50	Serious risk of bias*	No serious risk of inconsistency	No serious risk of indirectness	Serious risk of imprecision*	Undetected	MODERATE
Yun et al. [20]	134	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HIGH
Goettel et al. [21]	50	Serious risk of bias*	No serious risk of inconsistency	No serious risk of indirectness	Serious risk of imprecision*	Undetected	MODERATE
Tanskanen et al. [22]	53	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HGH
Günes et al. [23]	78	Serious risk of bias [†]	No serious risk of inconsistency	Serious risk of indirectness [‡]	Serious risk of imprecision [‡]	Undetected	LOW
Kim et al. [24]	64	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HIGH
Zheng et al. [25]	66	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	Undetected	HIGH
Prathapadas et al. [26]	40	No serious risk of bias	No serious risk of inconsistency	No serious risk of indirectness	No serious risk of imprecision	No serious risk of imprecision	HIGH

* Quality was rated down for risk of bias due to imprecision and inadequately generated randomization sequence and inadequate information about allocation concealment and blinding

[†] Quality was rated down for risk of bias due to being a retrospective study

[‡] Quality was rated down for risk of bias due to completely missing information about the randomization sequence and inadequate information about allocation concealment and blinding