

Study	Clearly stated aim	Inclusion of consecutive patients	Prospective collection of data	Endpoints appropriate to the aim of the study	Unbiased assessment of the study endpoint	Follow-up period appropriate to the aim of the study	Loss to follow up less than 5%	Prospective calculation of the study size	An adequate control group	Contemporary groups	Baseline equivalence of groups	Adequate statistical analyses	Total Score
Bonderup et al.2018	2	2	2	2	0	2	2	0	2	2	0	2	18
Fernandez-Banares et al.	2	2	2	2	0	2	2	0	2	2	0	2	18
Fernandez-Banares et al.	2	2	2	2	0	2	2	0	2	2	1	2	19
Guagnozzi et al.	2	2	2	2	0	2	2	0	2	2	1	2	19
Keszhelyi et al.	2	2	2	2	0	2	2	0	2	2	0	2	20
Masclee et al.	2	2	2	2	0	2	2	0	2	2	1	2	19
Mohammed et al.	2	2	2	2	0	2	2	0	2	2	0	1	17
Pascua et al.	2	2	2	2	0	2	2	0	2	2	1	2	19
Sandler et al.	2	2	2	2	0	2	0	0	2	2	1	2	17

Verhaegh et al.	2	2	2	2	0	2	2	0	2	2	1	2	19
Weimers et al.	2	2	2	2	0	2	2	0	2	2	1	2	19
Zylberberg et al.	2	2	2	2	0	2	2	0	2	2	1	2	19
Bonder Up et al 2014	2	2	2	2	0	2	2	0	2	2	0	2	18

Supplementary Table S2: Quality assessment of included studies using Minors criteria.