

Supplementary Table 2. Risk of bias assessment of RCTs

Study	Randomization process	Deviation from intended intervention	Missing outcome data	Measurement of outcome	Selection of reported results	Overall risk of bias
Fujii (2020) [42]	Low	Some concerns	Low	Low	Low	Some concerns
Karimpour (2020) [43]	Low	Low	Low	Low	Some concerns	Some concerns
Wani (2020) [44]	Some concern	Low	Low	Low	Some concerns	Some concerns
Iglesias (2020) [46]	Low	Low	Low	Low	Low	Low
Moskowitz (2020) [47]	Low	Low	Low	Low	Low	Low
Mohamed (2020) [49]	Low	Some concerns	Low	Low	Low	Some concerns
Chang (2020) [51]	Low	Some concerns	Low	Low	Low	Some concerns
Sevransky (2021)[52]	Low	Low	Low	Low	Low	Low

RCT: randomized controlled trial.