

Figure S1. Risk of Bias evaluation

Studies	Random sequence	Allocation concealment	Selective reporting	Other bias	Blinding of participants	Blinding of outcome assessment	Incomplete outcome data	Quality
Arazi et al. 2018 (27)	Yellow	Yellow	Yellow	Yellow	Green	Yellow	Green	Poor
El-Mekawy et al. 2012 (28)	Yellow	Yellow	Yellow	Yellow	Green	Yellow	Green	Poor
Roghani et al. 2013 (26)	Yellow	Yellow	Yellow	Green	Green	Green	Green	Poor

green: criterion met, yellow: criterion unclear, red: criterion not met