

	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Conflict of interest related to pharmaceutical company
Kaufman et al. (1998)	?	?	?	?	?	-	?
Roberts et al. (1999)	?	?	+	?	-	-	+
Leyden et al. (1999)	?	?	+	?	+	+	-
Drake et al. (1999)	?	?	?	?	?	-	+
Neste et al. (2000)	?	?	+	?	+	-	+
Price et al. (2002)	?	?	+	?	+	-	+
Stough et al. (2002)	?	?	?	?	-	-	+
Whiting et al. (2003)	-	?	?	-	-	-	?
Kawashima et al. (2004)	?	?	?	-	?	-	+
Leavitt et al. (2005)	?	?	?	-	?	-	+
Olsen et al. (2006)	-	?	-	-	-	-	+
Stough et al. (2007)	?	?	?	?	?	-	?
Amory et al. (2007)	-	-	?	?	-	-	+
Eun et al. (2010)	?	?	?	?	-	-	-
Gubelin et al. (2014)	-	?	-	?	+	-	+

**Fig. S1. Quality assessment.** The quality assessment of the included studies was performed using the Cochrane Collaboration risk of bias tool (13). Older studies were often less likely to clearly report study characteristics and adhere to current reporting standards for randomized controlled studies than recent studies.