

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Ay & Evcik 2009 (18)	+	?	+	+	+	+	?
Bagnato et al. 2016 (15)	+	+	+	+	+	+	?
Nelson et al. 2013 (17)	+	+	+	+	+	+	?
Nicolakis et al. 2002 (20)	+	?	+	+	+	+	?
Pipitone & Scott 2001 (21)	+	?	+	+	+	+	?
Thamsborg et al. 2005	?	?	+	?	+	+	?
Trock et al. 1994 (22)	+	?	+	+	+	+	?
Wuschech et al. 2015	+	+	+	+	+	+	?

**Fig. S1.** Risk of bias summary for each included randomized controlled trial (RCT).