

Table S1. Methodological quality assessment

RCTs (n=29)	Internal validity			Descriptives			Statistics			Methodological quality*	
	Eligibility criteria specified	Method of randomization described	Treatment allocation concealed	Interventions described	Outcome measurements blinded	Withdrawal or dropout described	Sample size description	Intention to treat analysis**	Point estimate and variability		Statistical comparison treatment effects
Fossat et al. (20), 2018	x	x	x	x	x	x	x		x	x	H
Peng et al. (21), 2018	x	x	x	x	x	x	x		x	x	H
Schuster-Amft et al. (22), 2018	x	x	x	x	x	x	x	x	x	x	H
Tanaka et al. (23), 2018	x	x	x	x		x	x		x	x	M
Fotakopoulos & Kotila (24), 2018	x	x	x	x					x	x	L
Kim et al. (25) 2018	x	x	x	x	x	x		x	x	x	H
Charusisin et al. (26), 2018	x	x	x	x	x	x	x		x	x	H
Erbil et al. (27), 2018	x	x	x	x	x	x			x	x	M
Cha et al. (28), 2018	x	x	x	x	x	x		x	x	x	H
Klomjai et al. (29), 2018	x	x	x	x	x	x			x	x	M
Martens et al. (30), 2018	x	x	x	x	x	x			x	x	M
Zintchouk et al. (31), 2018	x	x	x	x	x	x	x		x	x	H
Hsieh et al. (32), 2018	x	x	x	x	x	x	x		x	x	M
Chen et al. (33), 2018	x	x	x	x	x	x			x	x	M
Manji et al. (34), 2018	x	x	x	x	x	x		x	x	x	M
Wu et al. (35), 2018	x	x	x	x	x	x	x		x	x	H
Cho et al. (36), 2018	x	x	x	x	x	x	x		x	x	H
Sunamura et al. (37), 2018	x	x	x	x	x	x	x		x	x	H
Munari et al. (43), 2018	x	x	x	x	x	x	x		x	x	H
Maciaszek (44), 2018	x	x	x	x	x	x	x		x	x	M
Lewthwaite et al. (45), 2018	x	x	x	x	x	x	x		x	x	M
Picelli et al. (46), 2018	x	x	x	x	x	x	x		x	x	H
Bergmann et al. (47), 2018	x	x	x	x	x	x	x		x	x	H
Nazligul et al. (38), 2018	x	x	x	x	x	x	x		x	x	M
Farias-Godoy et al. (39), 2018	x	x	x	x	x	x	x		x	x	M
Jansen et al. (40), 2018	x	x	x	x	x	x	x		x	x	M
Horton et al. (41) 2018	x	x	x	x	x	x	x	x	x	x	H
Cannell et al. (42), 2018	x	x	x	x	x	x	x		x	x	H
Blitz et al. (48), 2018	x	x	x	x	x	x	x		x	x	L

*A total of 10 points of methodological quality assessment for each study, 9-10, 6-8 and 5 or below are considered as high, moderate and low quality accordingly.

**Both modified intention to treat analysis (ITT) and no description on ITT are rated as no