

**Appendix 2.** Methodological quality assessment

	Item 1: Study objectives clearly described?	Item 2: Main outcome measures described?	Item 3: Patient characteristics clearly described?	Item 4: Interventions clearly described?	Item 6: Main study findings clearly described?	Item 7: Estimates of random variability in data for main outcomes?	Item 9: Characteristics of patients lost to follow up described?	Item 10: Confidence intervals and/or actual <i>p</i> -values reported?	% Score
Bogachev et al. (11)	0	0	1	1	1	1	0	1	
Ravikumar et al. (12)	1	1	1	1	1	1	1	1	
Wou et al. (13)	1	1	1	1	1	1	1	1	
Man et al. (14)	1	1	1	1	1	1	1	1	
Man et al. (15)	1	1	1	1	1	1	1	1	
Devrimsel et al. (16)	1	1	1	1	1	1	0	0	
Faghri (17)	1	1	1	1	1	0	1	0	
	Item 11: Subject asked to participate representative of entire population?	Item 12: Subjects who participated representative of entire population?	Item 13: Staff and facilities representative of the majority?	Item 16: Results based on data dredging made clear?	Item 17: Adjust for different lengths of follow-up?	Item 18: Appropriate statistical tests?	Item 19: Reliable compliance?	Item 20: Valid and accurate outcome measures?	
Bogachev et al. (11)	0	0	0	1	1	1	0	1	56
Ravikumar et al. (12)	0	0	1	1	1	1	1	1	88
Wou et al. (13)	0	0	1	1	1	1	0	1	81
Man et al. (14)	0	0	1	1	1	1	1	1	88
Man et al. (15)	0	0	1	1	1	1	1	1	88
Devrimsel et al. (16)	0	0	0	1	1	1	1	1	69
Faghri (17)	0	0	0	1	1	1	1	1	69