Figure S1: Risk of bias in randomized clinical trials

- Random sequence generation (selection bias): 8 Low risk, 4 Unclear risk, 0 High risk
- Allocation concealment (selection bias): 10 Low risk, 2 Unclear risk, 0 High risk
- Blinding (participants): 11 Low risk, 1 Unclear risk, 0 High risk
- Blinding (investigators): 11 Low risk, 1 Unclear risk, 0 High risk
- Blinding of outcome assessment (detection bias): 11 Low risk, 1 Unclear risk, 0 High risk
- Intention-to-treat analysis: 11 Low risk, 1 Unclear risk, 0 High risk
- Incomplete outcome data (attrition bias): 11 Low risk, 1 Unclear risk, 0 High risk
- Selective outcome reporting (reporting bias): 12 Low risk, 0 Unclear risk, 0 High risk