

**Supplementary Table 1.** Risk of Bias Assessment for the Studies

Study	Randomization	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective outcome data
Tsay et al. <sup>13</sup> (2017)	Low	Unclear	Low	Low	Low	Low
Sapmaz et al. <sup>14</sup> (2017)	Low	Unclear	Low	Low	Low	Low
Liou et al. <sup>15</sup> (2016)	Low	Low	Low	Low	Low	Low
Kefeli et al. <sup>16</sup> (2016)	Low	Unclear	Low	Low	Low	Low
Gokcan et al. <sup>17</sup> (2016)	Low	Low	Low	Low	Low	Low
Gungor et al. <sup>18</sup> (2015)	Low	Unclear	Low	Low	Low	Low
Songür et al. <sup>19</sup> (2009)	Low	Unclear	Low	Low	Low	Low