

	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
Bang et al. ³³ (2015)	+	+	+	+	+	+	+
Choi et al. ¹⁰ (2007)	+	?	+	+	+	+	+
Choi et al. ¹⁴ (2008)	+	?	+	+	+	+	+
Choi et al. ²¹ (2011)	+	+	+	+	+	+	+
Choi et al. ²³ (2012)	+	?	+	+	+	+	+
Chung et al. ²² (2012)	+	?	+	+	+	+	+
Chung et al. ³⁴ (2016)	+	?	+	+	+	+	+
Heo et al. ²⁹ (2014)	+	?	+	+	+	+	+
Kim et al. ¹⁷ (2008)	?	?	+	+	+	+	+
Jung et al. ¹⁶ (2008)	+	?	+	+	+	+	+
Kim et al. ¹¹ (2007)	?	?	+	+	+	+	?
Kim et al. ¹³ (2008)	+	+	+	+	+	+	+
Kim et al. ²⁰ (2011)	+	+	+	+	+	+	+
Kim et al. ²⁸ (2013)	+	?	+	+	+	+	+
Kim et al. ³⁵ (2016)	+	?	+	+	+	+	+
Lee et al. ¹⁸ (2010)	+	?	+	+	+	+	+
Lee et al. ²⁷ (2013)	+	?	+	+	+	+	+
Lee et al. ³¹ (2014)	+	?	+	+	+	+	+
Lee et al. ³² (2015)	+	?	+	+	+	+	+
Kim et al. ¹⁵ (2008)	-	-	+	+	+	+	?
Oh et al. ²⁵ (2012)	+	?	+	+	+	+	+
Park et al. ²⁴ (2012)	+	+	+	+	+	+	+
Park et al. ³⁰ (2014)	+	+	+	+	+	+	+
Kim et al. ¹² (2008)	?	?	+	+	?	+	-
Song et al. ¹⁹ (2010)	+	+	+	+	+	+	+
Kim et al. ²⁶ (2012)	+	?	+	+	+	+	+

Supplementary Fig. 1. Risks of bias of the included studies.