Supplementary appendix Table 2. Methodological quality and risk of bias evaluation.

Author	1.Sequence generation	2.Allocation concealment	3.Blinding	4.Incomplete outcome data	5.Selective outcome reporting	6.Other source of bias
Zacher J et al [31].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Puopolo A et al [32].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Prior MJ et al [33].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Emery P et al [34].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
McKenna F et al [35].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Altman RD et al [36].	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Bookman AA et al [37].	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Gibofsky A et al [38].	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias

Essex MN et al [39].	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Reed K et al [40].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Essex MN et al [41].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Leung AT et al [42].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Gordo AC et al [43].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Niethard FU et al [44].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	High risk of bias
DeLemos BP et al [45].	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias
Reginster JY et al [46].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias
Reginster JY et al [46].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias

Gana TJ et al [47].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias
Svensson O et al [48].	Unclear risk of bias	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias
Svensson O et al [48].	Unclear risk of bias	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias
Fleischmann RM et al [49].	Unclear risk of bias	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Kloppenburg M et al [50].	Unclear risk of bias	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Chappell AS et al [51].	Low risk of bias	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Uchio Y et al [52].	Low risk of bias	Unclear risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Chappell AS et al [53].	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias
Wang G et al [54].	Low risk of bias	High risk of bias	Low risk of bias	Low risk of bias	Low risk of bias	Unclear risk of bias