

Supplemental Table 1. Modified Jadad score for included randomized controlled trials

Study	Sequence generation	Randomization concealment	Blinding	Withdrawals and dropouts descriptions	Total Score*
Chambers et al ⁹	2	2	2	1	7
Rodés-Cabau et al ¹⁴	2	2	2	1	7

*Scores: 0-7 points; poor quality if ≤ 3