

Supplementary file 2: Details of quality assessment process

Study	Questions of NIH quality assessment tool for controlled intervention studies ¹														Summary quality ²
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Ali et al 2019	Yes	Yes	No	No	No	Yes	Good								
Baillargeon et al 2004	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	NR	Yes	Good
Daneshjou et al 2022	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Good						
Elkind-Hirsch et al 2008	Yes	Yes	No	No	No	Yes	No	Yes	Good						
Elkind-Hirsch et al 2017	Yes	Yes	No	No	Yes	NR	Yes	Good							
Ferjan et al 2017	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	NR	Yes	Yes	Fair
Jensterle Sever et al 2014	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	NR	Yes	Yes	Good
Li et al 2020	Yes	Yes	No	No	No	Yes	Good								
Liao et al 2011	Yes	No	No	No	No	NR	Yes	Yes	Yes	Yes	Yes	Yes	NR	Yes	Fair
Ma et al 2021	Yes	Yes	No	No	No	Yes	No	Yes	Good						
Sohrevardi et al 2016	Yes	Yes	No	No	No	NR	No	Yes	Yes	Yes	Yes	NR	Yes	Yes	Fair
Tao et al 2018	Yes	No	No	No	No	Yes	Good								
Tao et al 2021	Yes	Yes	No	No	No	Yes	NR	Yes	Good						
Wen et al 2023	Yes	Yes	No	No	No	Yes	Good								
Xing et al 2022	Yes	Yes	No	No	No	Yes	No	Yes	Good						
Zhang et al 2022	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Fair

1: Available online at: <https://www.nhlbi.nih.gov/health-topics/studyquality-assessment-tools>
2: For each paper, a total score of 0-4 out of 14 was rated as poor quality, 5-9 out of 14 as fair quality, and 10-14 out of 14 as good quality