

## Appendix 5

Tabular summary of methodological assessment of the included trials

	Risk of bias					
	D1	D2	D3	D4	D5	Overall
Soares & Grossi, 2002						
Cedraschi et al., 2004						
Jousset et al., 2004						
Fontaine & Haaz, 2007						
Fontaine et al., 2010 & 211						
Ruehlman et al., 2012						
Cederbom et al., 2014						
Ismael Martins et al., 2014						
Bourgault et al., 2015						
Cederbom et al., 2019						
Ariza-Mateos et al., 2021						
	D1: D1 D2: D2 D3: D3 D4: D4 D5: D5					Judgement High Unclear Low

*Note.* D1, Risk of bias arising from the randomization process; D2, Risk of bias due to deviations from the intended interventions; D3, Missing outcome data; D4, Risk of bias in measurement of the outcome; and D5, Risk of bias in selection of the reported results