

Supplementary material

Study	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective outcome reporting	Other sources of bias
Back et al./ 2010	L	L	L	H	L	H	L
Shin et al./ 2011	L	H	L	H	H	H	H
Cha/ 2012	L	L	L	H	L	L	H
Lee et al./ 2012	L	H	L	U	L	L	L
Cha et al./2013	L	H	L	U	L	L	L
Cha et al./2014	L	U	L	U	L	L	H
Lim et al./ 2015	L	L	L	U	H	L	H
Byun et al./ 2016	L	L	L	L	L	L	H
Lee et al./ 2017	L	U	L	U	L	L	L
Hwang et al./ 2019	L	L	L	H	H	L	L
Kondo et al./ 2019	L	U	L	H	L	H	H
Insawati et al./ 2020	H	H	H	U	H	L	H
Nadia et al./ 2020	H	L	H	H	H	L	H
Wati et al./ 2020	L	H	H	H	H	L	H

Jung et al./ 2021	L	L	U	U	L	H	H
Abbreviations: L, low risk of bias; U, unclear risk of bias; H, high risk of bias.							