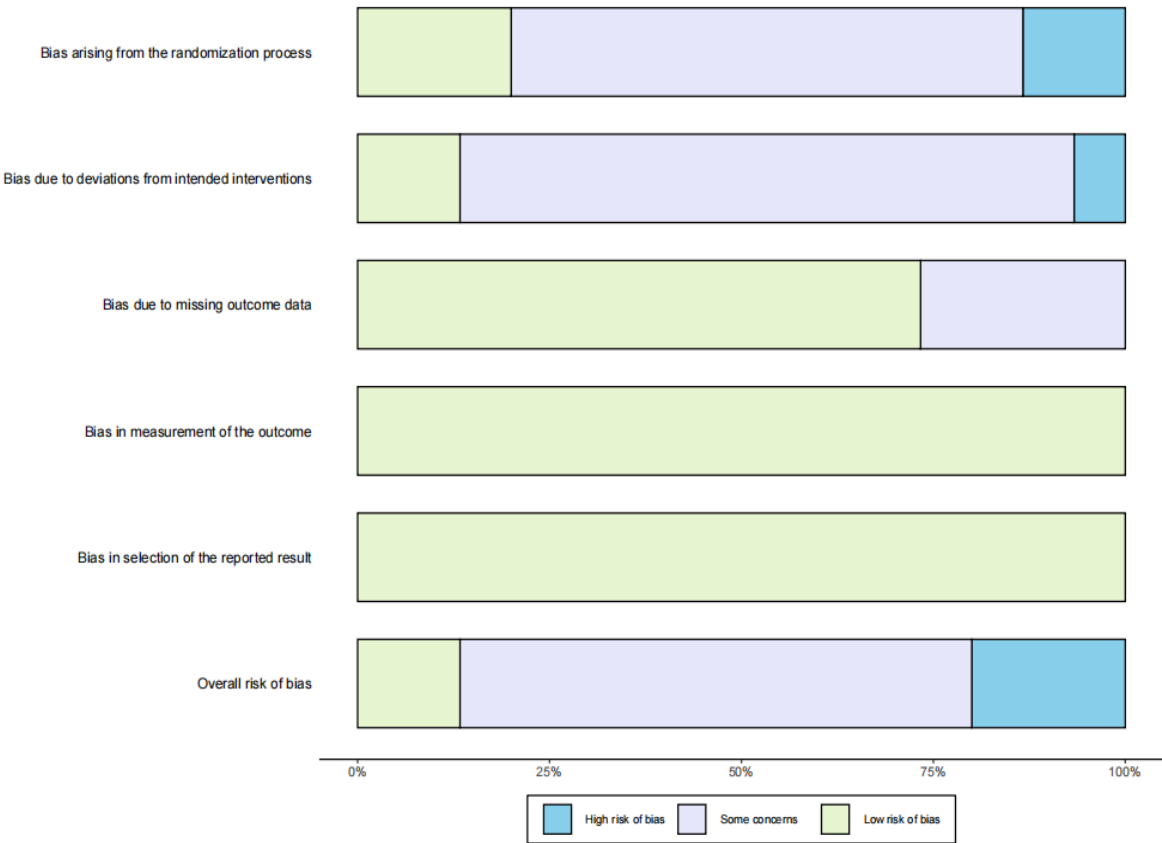


Supplementary Material A3:Risk of bias of included studies



Unique ID	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Marcos-Pardo et al. 2019	?	?	?	+	+	!
Rhodes et al. 2000	?	?	+	+	+	!
Bocalini et al. 2012	?	?	+	+	+	!
Mazini Filho et al. 2018	?	?	?	+	+	!
Suzuki et al. 2018	?	?	+	+	+	?
Lee et al. 2018	?	?	+	+	+	?
Ballesta-García et al. 2020	+	+	+	+	+	+
Ballesta-García et al. 2019	+	+	+	+	+	+
Fang et al. 2020	?	+	+	+	+	!
Pyka et al. 1994	?	?	?	+	+	?
Choi et al. 2020	?	?	+	+	+	!
Romero-Arenas et al. 2013	?	?	+	+	+	!
Miura et al. 2008	?	?	?	+	+	!
Ramos et al. 2022	+	?	+	+	+	!
Zhang et al. 2021	?	?	+	+	+	!