

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Overall risk of bias
Gursoy 2007 [1]	+	+	+	+	+	+	+
Gursoy 2007 [2]	+	+	+	+	+	+	+
Lee 2019	?	?	⊖	+	+	+	?

Supplemental Fig. S1. Quality assessment of included randomized controlled trials according to the Risk of Bias tool 2.0 (RoB 2.0).