

Study	Risk of bias domains					Overall
	D1	D2	D3	D4	D5	
O'Reilly EM 2019	+	-	+	+	-	-
Ferrarotto R 2020	+	-	+	+	+	-
Ferris RL, 2020	+	-	+	+	+	-
Kelly RJ 2020	+	-	+	+	+	-
Powles T, 2020	+	-	+	+	+	-
Rizvi NA, 2020	+	-	+	+	+	-
Goldman JW, 2021	+	-	+	+	+	-
Kelley RK 2021	+	-	+	+	+	-

Domains:
D1: Bias arising from the randomization process.
D2: Bias due to deviations from intended intervention.
D3: Bias due to missing outcome data.
D4: Bias in measurement of the outcome.
D5: Bias in selection of the reported result.

Judgement
- Some concerns
+ Low

Supplemental Fig. S1. Quality assessments of included studies.