**Supplementary figure 1:** The RCTs were assessed by using the Cochrane Collaboration’s Tool. Green represented low risk of bias, yellow represented unclear, red represented high risk of bias.

**Supplementary table 1:** (A) The RCTs were assessed using Revised JADAD’s Scale. (B) The prospective studies were assessed by the Newcastle-Ottawa Scale.

**Supplementary table 1 (A):**

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| --- |
| **Revised JADAD's Scale** |
| **Study** | **Random sequence production** | **Allocation concealment** | **Blind method** | **Withdrawal** | **Total scores** |
| Skou HA et al. (2001) | 1 | 1 | 2 | 0 | 4 |
| Radaelli A et al. (2006) | 1 | 1 | 2 | 0 | 4 |
| Zhao YT et al. (2009) | 2 | 1 | 0 | 1 | 4 |
| Nodari S et al. (2009) | 1 | 1 | 1 | 1 | 4 |
| Ghio S et al. (2010) | 1 | 1 | 2 | 1 | 5 |
| Nodari S et al. (2011) | 1 | 1 | 2 | 1 | 5 |
| Moertl D et al. (2011) | 2 | 2 | 2 | 1 | 7 |
| Kojuri J et al. (2013) | 0 | 2 | 2 | 1 | 5 |
| Chrysohoou C et al. (2016) | 2 | 2 | 0 | 1 | 5 |
| Heydari B et al. (2016) | 2 | 2 | 2 | 1 | 7 |

**Supplementary table 1 (B):**

|  |
| --- |
| **Newcastle-Ottawa Scale** |
| **Study** | **Selection** | **Comparability** | **Exposure/Outcome** | **Total scores** |
| Kohashi K et al. (2014) | **\*\*\*\*** | **\*** | **\*\*** | **7** |
| Campos-Staffico AM et al. (2019) | \*\*\*\* | \* | \* | 6 |