**Table S3**. Risk of bias assessment.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Risk of bias domains** | | | | | **Global risk of bias judgement** |
| **Study** | **1** | **2** | **3** | **4** | **5** |
| Torrent et al., 2013 | + | ? | ? | + | + | **?** |
| Demant et al., 2015 | + | ? | ? | + | + | **?** |
| Bonnin et al., 2016 | + | ? | - | + | + | **-** |
| Lewandowski et al., 2017 | + | + | ? | + | + | **+** |
| Gomes et al., 2019 | + | ? | - | + | + | **-** |
| Ott et al., 2021a | + | ? | ? | + | + | **?** |
| Ott et al., 2021b | + | ? | ? | + | + | **?** |
| Douglas et al., 2021 | + | ? | ? | + | + | **?** |
| Strawbridge et al., 2021 | + | ? | ? | + | + | **?** |
| Tsapekos et al., 2023 | + | ? | ? | + | + | **?** |

1. Risk of bias arising from the randomization process; 2. Risk of bias due to deviations from the intended interventions; 3. Missing outcome data; 4. Risk of bias in measurement of the outcome; 5. Risk of bias in selection of the reported results.

+ Low risk of bias

- High risk of bias

? Some concerns