

	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)
Bacchi et al. 2012 [31]	+	+	-	+	+	+
Balducci et al. 2009 [17]	+	?	-	+	+	+
Church et al. 2010 [32]	+	+	-	+	+	?
Cuff et al. 2003 [33]	?	?	-	?	+	?
Gram et al. 2010 [19]	+	?	-	?	+	?
Jorge et al. 2011 [15]	?	?	-	?	+	+
Kadoglou et al. 2013 [36]	+	?	-	?	+	+
Ku et al. 2010 [35]	?	?	-	?	?	?
Kwon et al. 2011 [34]	?	?	-	?	?	?
Lambers et al. 2008 [18]	+	?	-	+	+	+
Moe et al. 2011 [37]	+	+	-	+	?	+
Ng et al. 2010 [38]	+	+	-	+	+	+
Oliveira et al. 2012 [20]	?	?	-	?	+	+
Sigal et al. 2007 [16]	+	+	-	+	+	+
Sukala et al. 2012 [39]	+	?	-	?	?	+
Yavari et al. 2012 [40]	?	?	-	?	?	+

ESM Figure 1: Risk of bias assessment tool. Green indicates low risk of bias, yellow unclear, and red high risk of bias.