

**Supplementary Table 1.** Study quality evaluation using the Cochrane Risk of Bias tool

Study	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of the outcome assessment	Incomplete outcome data	Selective outcome reporting	Other sources of bias
Gholami et al. (2024) [28]	Low risk	Low risk	High risk	High risk	Low risk	Unclear risk	Unclear risk
Yousefi et al. (2023) [33]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Sajjadi et al. (2023) [31]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Unclear risk
Moayedi et al. (2023) [29]	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk
Ochoa-Morales et al. (2023) [30]	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk
Afsharpour et al. (2019) [24]	Low risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk
Zakerkish et al. (2019) [34]	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk
Gao et al. (2018) [27]	High risk	High risk	High risk	Unclear risk	Low risk	Low risk	Unclear risk
Samadi et al. (2017) [32]	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk
El-Sharkawy et al. (2016) [25]	Low risk	Low risk	Low risk	Unclear risk	Low risk	Low risk	Low risk
Zhao et al. (2016) [35]	Low risk	Unclear risk	Unclear risk	Unclear risk	Low risk	Low risk	Unclear risk
Fukuda et al. (2015) [26]	Low risk	Unclear risk	Low risk	Unclear risk	Low risk	Low risk	Unclear risk