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| **Supplementary Table 3. Assessment of the risk of bias according to Cochrane Collaboration tool** [**54**](#_ENREF_54) |
| **Study** | **Adequate sequence generation?** | **Allocation concealment?** | **Blinding?** | **Incomplete outcome data addressed?** | **Free of selective reporting?** | **Free of other bias?** |
| Aldred1995 [10](#_ENREF_10) | unclear | unclear | unclear | yes | yes | yes |
| Anderson 2006 [11](#_ENREF_11) | yes | unclear | unclear | yes | yes | yes |
| Asikainen 2002 [9](#_ENREF_9) | yes | yes | no | yes | yes | yes |
| Asikainen 2002 [12](#_ENREF_12) | unclear | unclear | unclear | yes | yes | no |
| Baker 2008 [13](#_ENREF_13) | yes | yes | yes | yes | yes | yes |
| Bell 2010 [14](#_ENREF_14) | unclear | unclear | unclear | yes | yes | yes |
| Braith 1994 [15](#_ENREF_15) | unclear | unclear | unclear | unclear | yes | yes |
| Brandon 2006 [16](#_ENREF_16) | unclear | unclear | unclear | unclear | yes | yes |
| Butcher 2008 [17](#_ENREF_17) | unclear | unclear | unclear | yes | yes | yes |
| Duncan 1991 [18](#_ENREF_18) | unclear | unclear | unclear | no | yes | yes |
| Foulds 2014 [41](#_ENREF_41) | unclear | unclear | unclear | unclear | unclear | yes |
| Gaba2016 [42](#_ENREF_42) | yes | unclear | unclear | no | unclear | yes |
| Hamdorf 1992 [43](#_ENREF_43)  | unclear | unclear | unclear | unclear | unclear | yes |
| Herzig 2014 [44](#_ENREF_44) | yes | unclear | unclear | yes | yes | yes |
| Hinkleman 1993 [19](#_ENREF_19) | unclear | unclear | unclear | no | yes | yes |
| Hong 2014 [45](#_ENREF_45) | unclear | unclear | unclear | yes | unclear | yes |
| Jasinski 2015 [46](#_ENREF_46) | unclear | unclear | unclear | yes | unclear | yes |
| Jette 1988 [20](#_ENREF_20) | unclear | unclear | unclear | yes | yes | yes |
| Kang 2014 [47](#_ENREF_47) | unclear | unclear | unclear | no | unclear | yes |
| Kearney 2014 [48](#_ENREF_48) | unclear | unclear | unclear | yes | unclear | no |
| Moreau 2001 [21](#_ENREF_21) | unclear | unclear | no | yes | yes | yes |
| Morgan 2010 [22](#_ENREF_22) | unclear | unclear | unclear | yes | yes | yes |
| Murphy 1998 [23](#_ENREF_23) | unclear | unclear | unclear | yes | yes | yes |
| Murphy 2006 [24](#_ENREF_24) | unclear | unclear | unclear | yes | yes | yes |
| Murtagh 2005[25](#_ENREF_25)  | unclear | unclear | unclear | yes | yes | yes |
| Pospieszna2017 [49](#_ENREF_49) | unclear | unclear | unclear | unclear | unclear | yes |
| Probart 1991 [26](#_ENREF_26) | unclear | unclear | unclear | yes | yes | yes |
| Ready 1995 [27](#_ENREF_27) | unclear | unclear | unclear | yes | yes | yes |
| Ready 1996 [28](#_ENREF_28) | unclear | unclear | unclear | no | yes | yes |
| Santiago 1995 [29](#_ENREF_29) | yes | yes | unclear | yes | yes | yes |
| Serwe 2011 [30](#_ENREF_30) | unclear | unclear | no | yes | yes | yes |
| Stensel 1993 [31](#_ENREF_31), 1994 [32](#_ENREF_32) | unclear | unclear | unclear | yes | yes | yes |
| Tully 2005 [33](#_ENREF_33) | yes | yes | yes | yes | yes | yes |
| Tully 2007 [34](#_ENREF_34) | yes | yes | no | yes | yes | yes |
| Woolf-May 1999 [35](#_ENREF_35) | unclear | unclear | no | unclear | yes | yes |
| Woolf-May 2011 [36](#_ENREF_36) | yes | yes | unclear | unclear | yes | yes |
| Zhang 2014 [50](#_ENREF_50) | unclear | unclear | unclear | no | unclear | yes |

yes = low risk of bias, no = high risk of bias, unclear = unclear risk of bias