

Supplementary file 4. Overview of quality assessment of included studies.

Quality assessment of randomised studies ¹						
First author (Year)	Overall rating	Bias arising from the randomisation process	Bias due to deviations from the intended interventions	Bias due to missing outcome data	Bias in measurement of the outcome	Bias in selection of the reported result
Alsaffi (2018)	●	●	●	●	●	●
Carter (2013)	●	●	●	●	●	●
Carter (2017)	●	●	●	●	●	●
Kliemann (2019)	●	●	●	●	●	●
Martin (2015)	●	●	●	●	●	●
Muralidharan (2019)	●	●	●	●	●	●
Patel (2019a)	●	●	●	●	●	●
Patel (2019b)	●	●	●	●	●	●
Patel (2020)	●	●	●	●	●	●
Svetkey (2015)	●	●	●	●	●	●

Quality assessment of non-randomised studies ²							
First author (Year)	Overall rating	Selection bias	Study Design	Confounders	Blinding	Data collection methods	Withdrawals and drop-outs
AlZuhaibi (2017)	●	●	●	●	●	●	●
Chin (2016)	●	●	●	●	●	●	●
Glenn (2019)	●	●	●	●	●	●	●
Klenk (2017)	●	●	●	●	●	●	●
Senecal (2020)	●	●	●	●	●	●	●
Stein (2017)	●	●	●	●	●	●	●

Notes: ¹Quality assessment of randomised studies was conducted using the Cochrane Risk of Bias 2.0 tool. The following colour codings were used: red= high risk of bias, yellow= some concern of risk of bias, green=low risk of bias.²Quality assessment of non-randomised studies was conducted using the EPHP tool. The following colour codings were used: red= weak quality, yellow= moderate quality, green= strong quality.