

ESM Table 1. Results of the quality assessment (risk of bias) using the framework of the Cochrane Collaboration Tool for RCT

Authors & year	Study type	Sequence generation	Allocation concealment	Blinding of participants, personnel, & outcome assessors	Incomplete outcome data	Select outcome reporting	Other sources of bias
Schwarz et al., 2010	RCT	Low	High	Unclear	Low	Low	Low