**ESM Table 2.** Results of the quality assessment (risk of bias) by MINORS for the NRCT

Authors & year	Schwarz et al., 2001
Item	Score
Clearly stated aim	2
Inclusion of consecutive patients	2
Prospective collection of data	2
Endpoints appropriate to aim of study	2
Unbiased assessment of study endpoint	0
Follow-up period appropriate to aim of study	2
Loss to follow up, 5%	2
Prospective calculation of study size	0
Adequate control group	2
Contemporary groups	2
Baseline equivalence of groups	2
Adequate statistical analyses	2
Total score	20