

Supplementary Table 1 Risk of bias assessment for randomized controlled trials using the Cochrane Risk of Bias 2 tool

Study ID	Day 1	Day 2	Day 3	Day 4	Day 5	Overall	
Moradipanah <i>et al</i> [14], 2009	!	+	+	+	+	!	+ Low risk
Dong <i>et al</i> [15], 2023	+	+	+	+	+	+	! Some concerns
Oyur Çelik <i>et al</i> [16], 2022	!	+	+	+	+	!	- High risk
Forooghy <i>et al</i> [8], 2015	-	!	+	+	+	-	
Cadigan <i>et al</i> [21], 2001	!	!	+	+	+	!	D1 Randomisation process
Nilsson[25], 2012	!	!	+	+	+	!	D2 Deviations from the intended interventions
Nilsson[24], 2009	!	!	+	+	+	!	D3 Missing outcome data
Amiri <i>et al</i> [26], 2017	!	!	+	+	+	!	D4 Measurement of the outcome
Chan[29], 2006	!	!	+	+	+	!	D5 Selection of the reported result
Heidari <i>et al</i> [31], 2015	-	!	+	+	+	-	
Twiss <i>et al</i> [32], 2006	!	!	+	+	+	!	

Supplementary Table 2 Risk of bias assessment for non-randomized studies using Cochrane Risk of Bias in Non-randomized Studies of Interventions tool

Ref.	Pre-intervention	At intervention	Post-intervention	Overall risk of bias

Ref.	Year	Bias due to confounding	Bias in selection of participants into study	Bias in classification of intervention	Bias in deviation from intended interventions	Bias due to missing data	Bias in measurement of outcome	Bias in selection of reported results	Low/moderate/serious/critical
Dong <i>et al</i> [15]	2012	Low	Low	Low	Low	Low	Low	Low	Low
Zimmerman <i>et al</i> [18]	1996	Serious	Low	Low	Low	Low	Low	Low	Serious
Bally <i>et al</i> [19]	2003	Low	Low	Low	Low	Low	Low	Low	Low
Rejeh <i>et al</i> [3]	2016	Low	Low	Low	Low	Low	Low	Low	Low
Hamel <i>et al</i> [20]	2001	Low	Low	Low	Low	Low	Low	Low	Low
Taylor-Piliae <i>et al</i> [22]	2002	Low	Low	Low	Low	Low	Low	Low	Low
Argstatter <i>et al</i> [23]	2006	Low	Low	Low	Low	Low	Low	Low	Low
Barnason <i>et al</i> [27]	1995	Low	Low	Low	Low	Low	Low	Low	Low
Buffum <i>et al</i> [28]	2006	Moderate	Low	Low	Low	Low	Low	Low	Moderate
Dai <i>et al</i> [30]	2020	Low	Low	Low	Low	Low	Low	Low	Low