

Supplementary Table 1Risk of Bias Assessment of Included RCTs

Ref.	Random ization	Allocation concealment	Baseline comparability	Patient blinding	Personnel blinding	Outcome assessor blinding	Non-inter vention factors	Integrity of blinding	Outcome at baseline	Outcome measurement indicator	Outcome measurement methods	Analysis method	Rationality of design, implementation, and analysis
Minnella et al.[16] (2018)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Swaminathan et al.[11] (2020)	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Valkenet et al.[17] (2018)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Allen et al.[10] (2022)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yamana et al.[18] (2015)	Yes	Yes	Yes	No	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Liu et al.[19] (2020)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dai et al.[20] (2022)	Yes	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Guo et al.[21] (2018)	Yes	Unclear	Yes	Unclear	Unclear	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Supplementary Table 2 Risk of Bias Assessment Results for Included Quasi-Experimental Studies										
Ref.	Clarity of Baseline	Blinding and Control	Multidimensional	Implementation	Outcome	Outcome	Statistical			
	causal relationship	outcome measurement	group established	outcome indicators	success	measurement method	calculation method	Analysis Reporting		
Mazzola et al.[22] (2017)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	yes		
Christensen et al.[23] (2019)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	yes		
Li et al.[24](2021)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	yes		
Xie et al.[25] (2019)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	yes		
Li et al.[26] (2019)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	yes		