

Supplementary Table 1. Result of assess of study using Qualysyst tool

Study	Quality assessment quantitative study											Summary score			
	Question	Study design	Selection	Subject characteristic	Random allocation	Blinding investigators	Blinding subjects	Outcome	Sample size	Analytic method	Estimate of variance		Confounding variables	Result	Conclusion
Minei et al. [24]	0	0	2	2	NA	NA	NA	0	2	2	2	0	2	0	1.09
Keeves et al. [25]	2	2	2	NA	NA	NA	NA	1	2	2	2	0	2	2	1.54
Young et al. [26]	2	2	2	1	NA	NA	NA	2	2	2	2	0	2	2	1.72
Moshiro et al. [27]	2	1	2	2	NA	NA	NA	0	2	2	0	2	2	2	1.54
Snyder et al. [28]	1	0	2	1	NA	NA	NA	1	2	1	2	0	1	2	1.18
Fatovich et al. [29]	1	1	2	2	NA	NA	NA	2	2	2	2	2	2	2	1.81
Zandy et al. [30]	2	1	2	2	NA	NA	NA	2	2	2	0	1	2	2	1.63
Wolf et al. [31]	2	0	1	2	NA	NA	NA	2	2	1	1	1	1	2	1.36
Gomez de Segura Nieva et al. [32]	2	1	2	2	NA	NA	NA	0	2	2	0	2	2	2	1.54
Poulos et al. [33]	2	2	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.81
Kim et al. [34]	2	2	2	0	NA	NA	NA	2	2	2	2	1	1	2	1.63
Brown et al. [16]	1	1	1	1	NA	NA	NA	1	1	1	1	1	1	1	1.00
Dinh et al. [35]	2	1	2	2	NA	NA	NA	2	2	2	2	2	2	2	1.90
Wang et al. [36]	2	1	1	1	NA	NA	NA	1	1	1	0	2	2	2	1.27
Irizarry et al. [37]	2	1	1	1	NA	NA	NA	1	1	2	2	1	2	2	1.45
Newnam et al. [38]	2	2	2	NA	NA	NA	NA	2	2	2	NA	NA	2	2	1.45
Razzaghi et al. [39]	2	1	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.72
Jarman et al. [40]	2	2	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.81
Brown et al. [41]	2	1	1	1	NA	NA	NA	1	2	1	0	0	1	2	1.09
Pu et al. [42]	2	2	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.81
Jarman et al. [43]	2	2	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.81
Jarman et al. [44]	2	2	2	2	NA	NA	NA	2	2	2	2	2	2	2	2.00
Wandling et al. [45]	2	1	2	2	NA	NA	NA	1	2	1	0	0	2	2	1.36
Brown et al. [46]	1	1	1	1	NA	NA	NA	0	2	1	0	0	1	1	0.81
Beaulieu et al. [47]	1	0	1	1	NA	NA	NA	1	1	1	1	1	1	2	1.00
Elkbuli et al. [48]	2	1	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.72
Bhutiani et al. [49]	1	0	0	0	NA	NA	NA	1	2	1	0	0	0	2	0.63
Ciesla et al. [50]	2	1	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.72
Lee et al. [51]	2	0	2	2	NA	NA	NA	2	2	2	0	2	2	2	1.63
Liu et al. [52]	2	2	2	2	NA	NA	NA	2	2	2	2	2	2	2	2.00
Chen et al. [53]	2	2	1	1	NA	NA	NA	1	2	2	2	2	2	2	1.72
Klop et al. [54]	1	0	1	0	NA	NA	NA	0	2	2	0	2	2	2	1.09

NA, not applicable.