

**Supplementary Table 1.** Quality assessment of included evidences in the systematic review and meta-analysis

<b>First author</b>	<b>Sequence generation</b>	<b>Allocation concealment</b>	<b>blinding of participants</b>	<b>incomplete outcome data</b>	<b>selective outcome reporting</b>	<b>other source of bias</b>
Yilmaz et al. 2005	Yes	Yes	Yes	No	Yes	No
Bibra et al. 2008	Yes	Yes	Yes	Yes	Yes	Yes
Gupta et al. 2010	Yes	Yes	No	Yes	Yes	No
Lazich et al. 2011	Yes	Yes	Yes	Yes	Yes	Yes
Atamer et al. 2013	Yes	Yes	No	No	Yes	No
Huang et al. 2013	Yes	Yes	No	No	Yes	Yes
Li et al. 2019	Yes	Yes	No	No	Yes	Yes
Pasali et al. 2019	Yes	Yes	No	Yes	Yes	Yes