Supplementary Table 1. Results of the modified from Downs et al. [15] methodological quality assessment

<table>
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<th>Author</th>
<th>Reporting, item no.</th>
<th>External validity, item no.</th>
<th>Internal validity, item no.</th>
<th>Additional criterion, item no.</th>
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</tbody>
</table>

1 = criteria met; 0 = criteria not met.

*Reporting category includes items such as study aims, reported outcomes, patient characteristics, confounders, adverse events, and loss to follow-up. *External validity includes questions regarding to the study population. *Bias includes items such as blinding, follow-up and compliance. *Confounding includes items such as study selection, randomization, and study power. *Unable to determine, scored 0.