

Figure 2. Risk of bias of included studies (N=11).

Author and citations	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment: Patient-reported outcomes (detection bias)	Blinding of outcome assessment: Objective outcomes (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other sources of bias (other bias)
Jones et al. 2004 [20]; Jones et al. 2005 [21]	●	●	●	●	●	●	●	●
Park et al. 2015 [22]	●	●	●	●	●	●	●	●
Winters-Stone et al. 2018 [37]	●	●	●	●	●	●	●	●
Gaskin et al. 2017 [34]; Livingston et al. 2015 [33]	●	●	●	●	●	●	●	●
Pinto et al., 2013 [38]; Pinto et al., 2013 [39]	●	●	●	●	●	●	●	●
Eakin et al., 2012 [40]	●	●	●	●	●	●	●	●
Hatchett et al., 2013 [41]	●	●	●	●	●	●	●	●
May et al., 2008 [35]	●	●	●	●	●	●	●	●
Midtgaard et al., 2013 [36]	●	●	●	●	●	●	●	●
Rogers et al., 2009 [42]; Rogers et al., 2009 [43]; Rogers et al., 2011 [44]	●	●	●	●	●	●	●	●
Rogers et al., 2015 [45]; Rogers et al., 2017 [46]	●	●	●	●	●	●	●	●

● Low risk of bias ● Unclear risk of bias ● High risk of bias ● Not applicable (study did not include objective assessment(s))