Supplementary Table 1. Individual randomized controlled trial methodological quality

Study	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data addressed	Free of selective reporting	Risk of Bias of randomized studies
Leopold (2019)[17]	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)
Sindwani (2019)[22]	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)
Palmer (2024)[21]	Yes	Yes	Yes	Yes	Yes	Yes	Risk of Bias (low)