Supplement 2. Risk of bias assessment

Observational studies ROBINS-I

<table>
<thead>
<tr>
<th>Study</th>
<th>D1</th>
<th>D2</th>
<th>D3</th>
<th>D4</th>
<th>D5</th>
<th>D6</th>
<th>D7</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wang 2017</td>
<td>-</td>
<td>x</td>
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<td>x</td>
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Domains:
- D1: Bias due to confounding.
- D2: Bias due to selection of participants.
- D3: Bias in classification of interventions.
- D4: Bias due to deviations from intended interventions.
- D5: Bias due to missing data.
- D6: Bias in measurement of outcomes.
- D7: Bias in selection of the reported result.

Judgement
- Serious
- Moderate

Randomized controlled trials – Rob 2

<table>
<thead>
<tr>
<th>Study</th>
<th>D1</th>
<th>D2</th>
<th>D3</th>
<th>D4</th>
<th>D5</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chen 2017</td>
<td>-</td>
<td>-</td>
<td>+</td>
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<td>Carneiro 2023</td>
<td>-</td>
<td>+</td>
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<td>Plante 2023</td>
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Domains:
- D1: Bias arising from the randomization process.
- D2: Bias due to deviations from intended intervention.
- D3: Bias due to missing outcome data.
- D4: Bias in measurement of the outcome.
- D5: Bias in selection of the reported result.

Judgement
- Some concerns
- Low