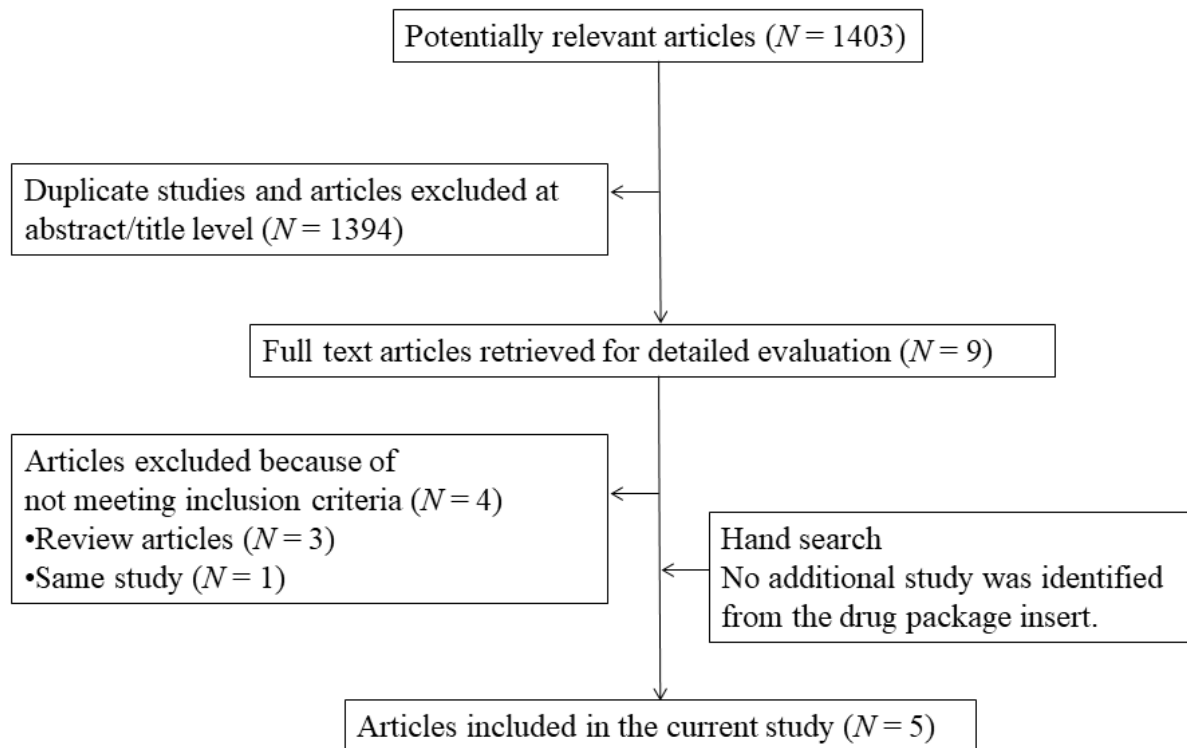


Supplementary Figure 1. Flowchart of included and excluded studies



Supplementary Figure 2. Risk-of-bias summary

|                      | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|----------------------|---|---|---|---|--|--------------------------------------|------------|
| Leibenluft 1997      | ?   | ?                                       | ?   | ?   | -  | ?                                    | ?          |
| Mahableshwarkar 2017 | ?   | ?                                       | ?   | ?   | +  | +                                    | -          |
| McElroy 2011         | +   | +                                       | +   | +   | +  | +                                    | -          |
| Mostafavi 2014       | +   | +                                       | +   | +   | -  | +                                    | +          |
| Norris 2013          | +   | +                                       | +   | +   | +  | +                                    | -          |