

	Comparison possibility of participants	Selection of participants	Confounding variables	Intervention (exposure) measurement	Blinding of outcome assessment	Outcome evaluation	Incomplete outcome data	selective outcome reporting
Amit M et al. (2018)	+	+	+	+	+	?	+	+
Bortz M et al. (2021)	+	-	-	+	?	+	+	+
Danilovic D et al. (2020)	+	+	+	+	?	+	+	+
Harries V et al. (2022)	+	+	-	+	?	+	+	+
Heo D et al. (2022)	-	-	+	+	?	+	+	+
He Q et al. (2022)	-	+	-	+	?	+	+	+
Jang A et al. (2022)	+	+	+	+	?	+	+	+
Kang I et al. (2021)	?	?	-	+	?	+	-	+
Kim Y et al. (2022)	+	+	-	+	?	+	+	+
Li G et al. (2020)	+	+	+	+	?	+	+	+
Park J et al. (2022)	+	+	+	+	?	+	+	+
Park S et al. (2018)	+	+	+	+	?	+	+	+
Song E et al. (2018)	?	+	+	+	?	+	+	+
Song E et al. (2019)	+	+	+	+	?	+	+	+
Xiang J et al. (2021)	?	+	+	+	?	+	+	+
Xue S et al. (2020)	-	+	-	+	?	+	+	+
Yang J et al. (2022)	-	+	-	+	?	+	+	+
Yoon J et al. (2020)	?	+	+	+	+	+	+	+

Supplementary Fig. 1. Risk of bias summary using Risk of Bias for Nonrandomized Studies (ROBANS) version 2.0 Tool: review authors' judgments about each risk of bias item for each included study (red circle: high risk, green circle: low risk, yellow circle: unclear risk).