

Supplementary Table 3. Quality assessments using Risk of Bias 2 for randomized controlled trials

Study	Selection bias	Performance bias	Attrition bias	Detection bias	Reporting bias	Overall
Hwang et al. [25] (2020)	Low	Low	Low	Low	Low	Low
Huh et al. [22] (2013)	Some concerns	Low	Low	High	Low	High