

**Supplementary Table 3.** Quality assessment of randomized controlled trials

Study author (year)	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
Bachert (2016) [12]	Yes	Yes	Yes	Yes	Yes	Yes	Low
Bachert (2019) [9]	Yes	Yes	Yes	Yes	Yes	Yes	Low