

**Supplementary Table 2B.** Showing Study Quality Assessment Based on Jadad Score for Randomized Controlled Trials

Study	Randomization	Randomization generation	Double blinding	Allocation concealment	Withdrawals or dropouts	Jadad score (MAX=5)	Quality
Yamashina et al. (2019) <sup>49</sup>	1	1	0	0	1	3	Good
Yen et al. (2019) <sup>50</sup>	1	1	0	0	1	3	Good