

Supplementary Table 1. Study quality assessment

Study	Year published	Randomization	Blinding	Patient account	Total	Quality
Kim et al. ¹⁵	2023	2	1	1	4	Moderate
Katagiri et al. ¹⁴	2023	2	1	1	4	Moderate
Li et al. ¹⁶	2020	2	1	1	4	Moderate
Mou et al. ¹³	2023	2	2	1	5	Excellent
Rex et al. ¹²	2022	2	1	1	4	Moderate
Shimodate et al. ⁶	2020	2	1	1	4	Moderate
Wei et al. ⁹	2022	2	2	1	5	Excellent