

Table S1. CASP³⁰ quality assessment for intervention studies

	Screening	1	Randomization	2	Inclusion	3	Detailed questions	4	Group characteristics	5	Treatment	6	Results	7	Score				
	Did the trial address a clearly focused issue?		Was the assignment of patients to treatments randomized?		Were all of the patients who entered the trial properly accounted for at its conclusion?		Were patients, health workers, and study personnel 'blind' to treatment?		Were the groups similar at the start of the trial?		Aside from the experimental intervention, were the groups treated equally?		Is the primary outcome clearly specified?	How precise are the results?					
			Was the allocation sequence concealed from researchers and patients?		Was the trial NOT stopped early?	Were patients analyzed in the groups to which they were randomized?		Patients?	Health workers?	Study personnel?		Factors that might affect the outcome such as age, sex, social class		Confidence intervals? Or other quality calculations					
Blackmore et al ³⁴	Y	Y	Y	Y	Y	N	Y	N	Y	Y	Y	Y	Y	N	N	N	6/7		
Foley et al ³⁵	Y	Y	N	N	Y	NR	Y	NR	NR	NR	NR	NR	NR	N	N	N	2/7		
Khakbazan et al ³⁶	Y	Y	Y	Y	Y	Y	Y	N	N	N	N	Y	Y	U	U	N	N	N	4/7
Nejati et al ³¹	Y	Y	U	U	Y	U	U	N	NR	N	N	Y	Y	Y	Y	N	N	N	3/7
Schairer et al ³²	Y	Y	Y	Y	Y	Y	Y	N	N	N	N	Y	Y	Y	Y	Y	Y	Y	6/7
Zamani et al ³³	Y	Y	U	U	Y	U	U	N	NR	NR	NR	Y	Y	Y	Y	N	N	N	3/7

N=no, NR=not reported, U=unknown,, Y=yes.

Figure S1. Data selection flow chart

