Supplementary Table 1. Study-quality and risk-of-bias assessment using the SYRCLE Risk of Bias tool

| First author (Ref) | Random sequence generation | Baseline comparability | Allocation concealment | Random housing | Blinding (caregivers/investigators) | Random outcome assessment | Blinding (outcome assessment) | Incomplete outcome data | Selective outcome reporting | Other bias | Overall risk of bias (summary) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Cao et al. (15) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Low | Low | Low | None identified | Moderate |
| Potić et al. (13) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Low | Low | Low | None identified | Low to moderate |
| Chen et al. (14) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Unclear | Low | Low | None identified | Moderate |
| Dai et al. (9) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | None identified | Moderate to high |
| Deng et al. (8) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Low | Low | Unclear | None identified | Moderate |
| Hamza et al. (17) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Unclear | Low | Unclear | Unclear | Moderate |
| Başol et al. (16) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Low | High | Unclear | None identified | Moderate to high |
| Chen et al. (15) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Low | High | Unclear | None identified | Moderate to high |
| Üstündağ et al. (18) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | Unclear | Moderate to high |
| Qiu et al. (10) | Unclear | Low | Unclear | Unclear | Unclear | Unclear | Low | Low | Unclear | None identified | Moderate |

Random sequence generation, allocation concealment, random housing, blinding of caregivers/investigators, random outcome assessment, and blinding of outcome assessment were classified as “unclear” when the original publication did not explicitly describe these procedures. Baseline comparability was judged as “low” when no major baseline imbalances were reported. Incomplete outcome data and selective outcome reporting were considered “low”, “unclear”, or “high” based on the completeness of reported outcomes relative to stated objectives and the presence of attrition or exclusion. Other bias was classified as “none identified” when no additional sources of bias were apparent. Overall risk of bias was assigned as a summary judgment across all domains.