Supplementary Table 1. The quality assessment of randomized controlled trials using ROB 2

Study (year)	D1	D2	D3	D4	D5	Overall
Ma et al.[17] (2015)	Some concerns	Low risk	Low risk	High risk	Low risk	High risk
Pei et al.[18] (2019)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Wang et al.[19] (2023)	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Chen et al.[20] (2021)	Some concerns	Low risk	Low risk	High risk	Low risk	High risk

D1, bias arising from the randomization process; D2, bias arising from deviations from intended interventions; D3, bias arising from missing outcome data; D4, bias arising from the measurement of outcomes; D5, bias arising from the selection of the reported result.