

Supplementary Table 1: Assessment of risk of bias (high, low or unclear) - Cochrane Risk of Bias Tool ¹⁴

Study	Selection bias		Performance bias	Detection bias	Attrition bias	Reporting bias
	Random sequence generation	Allocation concealment	Blinding of participant and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting
Lichtman 2018	Low	Low	Low	Low	Low	Low
Fallon 2017 Study-1	Low	Low	Low	Low	Low	Low
Fallon 2017 Study-2	Low	Low	Low	Low	Low	Low
Lynch 2014	Low	Low	Low	Low	Low	Low
Portenoy 2012	Low	Low	Low	Low	Low	Low
Johnson 2010	Low	Low	Low	Low	Low	Low