

Supplementary 1. Graph for Risk of Bias for Included Studies.

| | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|--------------------|---|---|---|---|--|--------------------------------------|------------|
| Ashing (2008) | ? | ? | ? | + | ? | + | + |
| Ashing (2016) | + | ? | ? | + | - | + | + |
| Bjorneklett (2012) | ? | + | ? | + | - | - | + |
| Bower (2014) | ? | + | ? | + | + | + | + |
| Branstrom (2012) | + | ? | ? | + | + | + | + |
| Classen (2008) | + | ? | ? | + | + | ? | + |
| Crane-Okada (2012) | ? | ? | ? | + | + | + | + |
| Dolbeault (2009) | ? | + | ? | + | - | + | + |
| Germino (2013) | + | ? | + | + | + | + | + |
| Hershman (2013) | + | + | + | + | + | + | ? |
| Hoffman (2012) | + | + | - | + | + | + | + |
| Jang (2013) | + | - | - | + | - | + | ? |
| Lengacher (2014) | + | ? | ? | + | + | + | + |
| Lepore (1999) | ? | ? | - | + | + | + | ? |
| Lerman (2012) | - | ? | ? | + | - | + | + |
| Loprinzi (2011) | + | ? | ? | + | - | + | ? |
| Marcus (2010) | - | ? | ? | + | - | + | ? |
| May (2009) | ? | ? | - | + | + | + | + |
| Meneses (2007) | + | ? | ? | + | + | + | + |
| Meneses (2009) | + | ? | ? | + | + | + | + |
| Mishel (2005) | + | ? | ? | + | - | + | + |
| Miyashita (2005) | - | ? | ? | + | - | + | ? |
| Napoles (2015) | + | + | ? | + | + | + | ? |
| Nelson (2008) | ? | ? | ? | + | - | + | ? |
| Osei (2013) | - | ? | + | ? | + | + | ? |
| Park, Bae (2012) | ? | ? | ? | + | - | + | ? |
| Park, Jun (2012) | - | ? | ? | + | - | + | + |
| Penedo (2004) | + | ? | ? | + | - | + | + |
| Rottmann (2012) | + | + | ? | + | - | + | + |
| Siddons (2013) | + | ? | ? | + | + | + | + |
| Simpson (2002) | ? | - | ? | + | - | + | + |
| Traeger (2013) | ? | ? | ? | + | - | + | + |
| Wilems (2016) | + | ? | ? | + | - | + | + |
| Yun (2013) | ? | ? | ? | + | + | + | + |
| Zhang (2016) | - | ? | ? | + | + | + | ? |

+ : Low risk of bias
 - : High risk of bias
 ? : Unclear risk of bias

Supplementary 1. Continued

