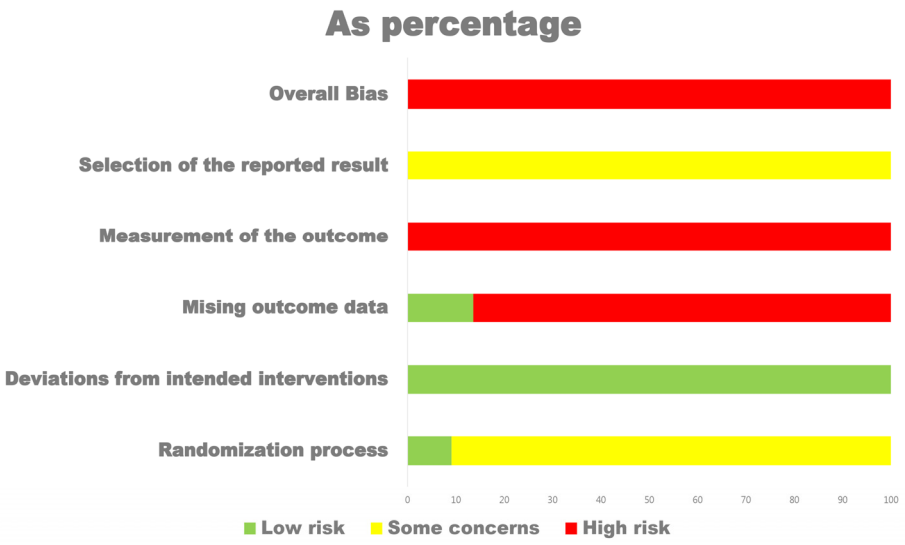
Supplement 5. Risk of bias summary of individual studies

Study ID	D1	D2	D3	D4	D5	Overall
JiPB2020	!	+	-	-	!	-
ZhangP2020	!	+	-	-	!	-
LiYY2019	!	+	-	-	!	-
ShanYL2019	!	+	-	-	!	-
JiangL2018	+	+	+	-	!	-
HuangZQ2018	!	+	-	-	!	-
ChenJY2017	!	+	-	-	!	-
ChenYP2017	!	+	+	-	!	-
LiuHY2016	!	+	-	-	!	-
ZhangBB2016	!	+	-	-	!	-
ChengXL2014	!	+	-	-	!	-
ZhangQF2014	!	+	-	-	!	-
MiaoT2014	!	+	-	-	!	-
HuangZQ2014	+	+	+	-	!	-
YangMY2013	!	+	-	-	!	-
GaoLA2015	!	+	-	-	!	-
PengL2012	!	+	-	-	!	-
WuZY2011	!	+	-	-	!	-
FuL2009	!	+	-	-	!	-
ZouC2006	!	+	-	-	!	-
DingBY2003	!	+	-	-	!	-
CuiSZ2001	!	+	-	-	!	-

+	Low risk
!	Some concerns
-	High risk

D1	Randomisation process
D2	Deviations from the intended interventions
D3	Missing outcome data
D4	Measurement of the outcome
D5	Selection of the reported result

Supplement 6. Overall risk of bias of included studies