

Author	Year	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Chettri et al.	2015	Low risk	Low risk	Low risk	Some concerns	Low risk	Some concerns
Nangia et al.	2016	Low risk	Low risk	Low risk	Some concerns	Low risk	Some concerns
Kumar et al.	2019	Low risk	Low risk	Low risk	Some concerns	Low risk	Some concerns
Singh et al.	2019	Low risk	Low risk	Low risk	Some concerns	Low risk	Some concerns

Supplement 1. Risk of bias summary of the included studies