

<b>Author</b>	<b>Year</b>	<b>Randomization process</b>	<b>Deviations from intended interventions</b>	<b>Missing outcome data</b>	<b>Measurement of the outcome</b>	<b>Selection of the reported result</b>	<b>Overall</b>
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