

Appendix 1. An outline of study specific risk of the bias for randomized controlled trials included in the guidelines using the modified Cochrane risk of bias tool version 2.

Intention-to-treat	Unique ID	Study ID	Experimental	Comparator	Outcome	Weight	D1	D2	D3	D4	D5	Overall	
	Lord 1996	1	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Bamsley 1994	2	NA	NA	NA	1	+	+	+	+	+	+	Some concerns
	van Eerd 2021	3	NA	NA	NA	1	-	+	+	+	+	+	High risk
	Van Wijk 2005	4	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Sae-Jung 2016	5	NA	NA	NA	1	+	!	+	-	+	-	D1 Randomisation process
	Nath 2008	6	NA	NA	NA	1	!	!	+	+	+	+	D2 Deviations from the intended interventions
	Tekin 2007	7	NA	NA	NA	1	+	+	+	+	+	+	D3 Missing outcome data
	Lilius 1989	8	NA	NA	NA	1	+	+	+	!	+	+	D4 Measurement of the outcome
	Cohen 2018	9	NA	NA	NA	1	+	+	+	+	+	+	D5 Selection of the reported result
	van Tilburg 20	10	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Zhou 2016	11	NA	NA	NA	1	!	!	+	-	+	-	Some concerns
	Gallagher 1994	12	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	van Kleef 1999	13	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Ribeiro 2013	14	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Lakemeier 201	15	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Carette 1991	16	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Leclaire 2001	17	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Kennedy 2019	18	NA	NA	NA	1	+	+	+	-	+	-	Low risk
	Kennedy 2018	19	NA	NA	NA	1	+	-	+	-	!	-	Low risk
	Juch 2017	20	NA	NA	NA	1	!	-	-	-	!	-	Some concerns
	Luukkainen 20	21	NA	NA	NA	1	-	!	+	!	+	-	Low risk
	Tilburg 2016	22	NA	NA	NA	1	!	+	+	+	+	+	Some concerns
	Patel 2012	23	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Cohen 2008	24	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Luukkainen 199	25	NA	NA	NA	1	-	+	+	-	+	-	Low risk
	Okmen 2017	26	NA	NA	NA	1	-	+	+	-	+	-	Low risk
	Carette 1997	27	NA	NA	NA	1	!	+	+	+	+	+	Some concerns
	Nandi 2017	28	NA	NA	NA	1	+	-	+	-	+	-	Low risk
	Nam 2011	29	NA	NA	NA	1	+	+	+	-	+	-	Low risk
	Ghai 2015	30	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Pandey 2016	31	NA	NA	NA	1	-	-	+	-	-	-	Low risk
	El_Maadawy 21	32	NA	NA	NA	1	+	!	+	-	+	-	Some concerns
	Rogers 1992	33	NA	NA	NA	1	+	-	+	+	+	!	Low risk
	Song 2016	34	NA	NA	NA	1	!	-	+	-	!	-	Some concerns
	Iversen 2011	35	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Arden 2005	36	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Helliwell 1985	37	NA	NA	NA	1	!	-	+	-	!	-	Some concerns
	Saqib 2016	38	NA	NA	NA	1	-	-	-	+	+	-	Low risk
	Ackerman 200	39	NA	NA	NA	NA	!	+	+	+	+	!	Some concerns
	Mondal 2017	40	NA	NA	NA	1	!	-	+	-	+	-	Some concerns
	Friedly 2014	41	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Datta 2011	42	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Kamble 2015	43	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Tafazal 2009	44	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Riew 2000	45	NA	NA	NA	1	+	+	+	+	+	+	Low risk
	Ji 2009	46	NA	NA	NA	1	+	+	+	+	+	+	Low risk