

Supplementary material B: Quality assessment of each included study

| No. | Studies | Year | Selection | Comparability | Outcome | Total |
|------------|-----------------|-------------|------------------|----------------------|----------------|--------------|
| 1 | Abd et al. | 2020 | 4 | 2 | 1 | 7 |
| 2 | Canti et al. | 2021 | 4 | 2 | 2 | 8 |
| 3 | Clowse et al. | 2006 | 4 | 2 | 2 | 8 |
| 4 | Do et al. | 2020 | 4 | 2 | 1 | 7 |
| 5 | Kroese et al. | 2017 | 4 | 0 | 1 | 5 |
| 6 | Leroux et al. | 2015 | 4 | 2 | 1 | 7 |
| 7 | Seo et al. | 2019 | 4 | 2 | 1 | 7 |
| 8 | Cao ZJ et al. | 2012 | 4 | 0 | 1 | 5 |
| 9 | Chen GL. | 2021 | 4 | 1 | 3 | 8 |
| 10 | Deng RR. | 2017 | 4 | 0 | 3 | 7 |
| 11 | Diao MX. | 2016 | 4 | 1 | 1 | 6 |
| 12 | Wu FQ et al. | 2019 | 4 | 1 | 1 | 6 |
| 13 | Lin QR et al. | 2021 | 4 | 1 | 1 | 6 |
| 14 | Liu XY et al. | 2015 | 4 | 1 | 1 | 6 |
| 15 | Liu YQ et al. | 2013 | 4 | 1 | 1 | 6 |
| 16 | Zheng CS et al. | 2015 | 4 | 1 | 1 | 6 |
| 17 | Wang LH et al. | 2018 | 4 | 1 | 1 | 6 |
| 18 | Wang WJ et al. | 2018 | 4 | 1 | 1 | 6 |
| 19 | Wu MY. | 2014 | 4 | 1 | 3 | 8 |
| 20 | Zhang HQ. | 2019 | 4 | 1 | 1 | 6 |
| 21 | Zhou L et al. | 2017 | 4 | 0 | 3 | 7 |