Online Resource 2- Table: risk of bias assessment.

Study	Year	Random sequence generation	Allocation concealment	Blinding of participants and staff	Blinding of outcome assessment	Incomplete outcome data	Selective outcome reporting
Göpel et al. (AMV) [9]	2011	Low	Low	High	Unclear	Low	Low
Kanmaz et al. (Take Care) [16]	2013	Low	Low	High	Unclear	Low	Low
Mirnia et al. [19]	2013	Low	Unclear	High	Unclear	Low	Unclear
Mohammadizadeh et al. [20]	2015	Low	Low	High	Unclear	Low	High
Bao et al. [1]	2015	Low	Unclear	High	Unclear	Low	Low
Kribs et al. (NINSAP) [18]	2015	Low	Low	High	Unclear	Low	Low