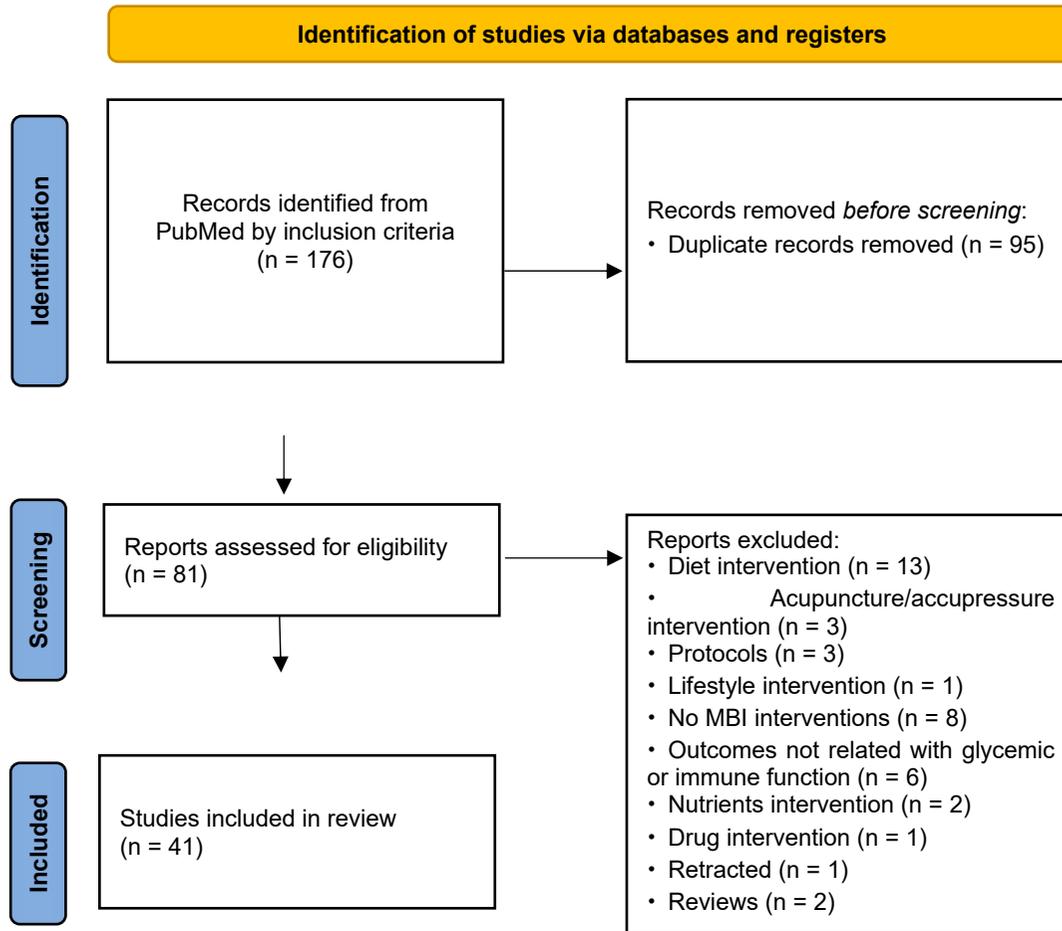


Supplementary Figure S1. A PRISMA Flow diagram to describe study selection process.



Supplementary Table S1. Quality assessment of randomized controlled trial by the NIHLBI guidelines with minor modifications for selected studies.

Study	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6	Item 7	Item 8	Item 9	Item 10	Item 11	Total
[1]	1	1	1	1	0	1	1	1	0	1	0	8
[2]	1	1	1	1	0	1	1	1	0	1	0	8
[3]	1	1	1	1	1	1	1	1	0	1	1	10
[4]	1	1	1	0	1	1	1	1	1	1	1	10
[5]	1	1	1	0	1	1	1	1	1	1	0	9
[6]	1	1	1	0	1	1	1	1	0	1	0	8
[7]	1	1	1	0	0	1	0	1	0	1	0	6
[8]	1	1	1	0	0	1	0	1	1	1	1	8
[9]	1	1	1	1	1	1	1	1	0	1	1	10
[10]	1	1	1	0	1	1	0	1	1	1	0	8
[11]	1	1	1	0	1	0	1	1	0	1	1	8
[12]	1	1	1	1	1	1	0	1	0	1	0	8
[13]	1	1	1	1	1	0	0	1	1	1	0	8
[14]	1	1	1	1	1	1	1	1	0	1	1	10
[15]	1	1	1	1	1	1	1	1	0	1	0	9
[16]	1	1	1	1	1	1	1	1	0	1	0	9
[17]	1	1	1	0	1	1	0	1	0	1	0	7
[18]	1	1	1	1	1	0	0	1	0	1	0	7
[19]	1	1	1	1	1	1	0	1	0	1	1	9
[20]	1	1	1	0	1	1	1	1	0	1	1	9

[21]	1	1	1	1	1	0	1	1	1	1	0	9
[22]	1	1	1	1	1	1	1	1	0	1	0	9
[23]	1	1	1	0	1	1	0	1	0	1	0	7
[24]	1	1	1	1	1	0	0	1	1	1	1	9
[25]	1	1	1	1	1	0	0	1	1	1	0	8
[26]	1	1	1	1	1	1	1	1	1	1	0	10
[27]	1	1	1	1	1	1	1	1	0	1	0	9
[28]	1	1	1	1	0	1	0	1	1	1	1	9
[29]	1	1	1	1	1	1	1	1	0	1	1	10
[30]	1	1	1	1	1	1	0	1	0	1	1	9
[31]	1	1	1	1	1	1	0	1	0	1	0	8
[32]	1	1	1	1	1	1	0	1	1	1	1	10
[33]	1	1	1	1	1	0	0	1	1	1	1	9
[34]	1	1	1	1	1	1	0	1	1	1	0	9
[35]	1	1	1	1	0	1	1	1	0	1	1	9
[36]	1	1	1	1	1	1	0	1	0	1	0	8
[37]	1	1	1	0	0	0	1	1	0	1	1	7
[38]	1	1	1	1	1	0	0	1	0	1	0	7
[39]	1	1	1	1	1	0	0	1	1	1	0	8
[40]	1	1	1	1	1	1	0	1	1	1	1	10
[41]	1	1	1	1	1	1	1	1	1	1	0	10

Details of each item for quality assessment: 1. RCT; 2. Adequate randomization method; 3. Similarity of groups at baseline; 4. Drop-out rate less than 20% at end point; 5. Differential drop-out rate less than 15%; 6. Adherence to intervention protocols; 7. Similar background intervention; 8. Valid and reliable

outcome measurement; 9. Power calculation; 10. Pre-specified outcomes; 11. Intention-to-treat analysis. One and zero in the table present evaluations as 'yes (present)' and 'no (absent)', respectively. Total score was 11 for the highest quality paper. Study quality was considered higher, if the score gets close to 11.

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