

Appendix 4 Compilation of risk of bias

1 Traffic light graphs

Study	Risk of bias						Overall
	D1	D2	D3	D4	D5	D6	
Bai 2024	+	-	+	-	+	+	-
Besnier 2025	-	-	+	-	-	+	-
Campos 2024	+	+	-	+	+	+	-
Charoenporn 2024	+	+	+	+	+	+	+
DelCorral 2025	+	+	+	+	+	+	+
Duffy 2024	-	-	-	+	+	-	-
Dwiputra 2024	-	-	+	+	+	+	-
Geng 2024	+	+	+	+	+	✗	+
Gupta 2022	+	+	+	+	+	+	+
Guttuso 2024	+	+	+	+	+	-	+
He 2024	+	-	+	-	-	+	-
Kaczmarczyk 2024	-	-	+	-	-	+	-
Kaddoussi 2024	-	-	+	+	-	+	-
Khodabakhshian 2025	+	-	-	-	+	+	-
Leon-Herrera 2024	-	-	+	-	+	+	-
Lukkunaprasit 2024	-	-	-	-	+	✗	-
Maritescu 2024	-	-	+	+	-	+	-
Nerli 2024	+	-	-	-	+	+	-
Rana 2025	+	-	+	+	+	+	-
Redel 2024	+	+	+	+	+	-	+
Rodriguez-Moran 2024	-	-	+	-	+	+	-
SanchezMila 2024	+	-	+	+	+	+	-
Tryfonos 2024	-	-	+	-	+	+	-
Yasaci 2025	+	-	+	-	+	+	-
Zha 2024	-	-	+	-	-	+	-

D1: Bias arising from the randomization process
 D2: Bias due to deviations from intended intervention
 D3: Bias due to missing outcome data
 D4: Bias in measurement of the outcomes
 D5: Bias in selection of the reported results
 D6: Conflict of interests

Judgement
 ✗ High
 - Some concerns
 + Low