Supplementary file S2

Table S1: Methodological quality assessment for RCTs included studies using the Jadad rating scale

First Author, Year, Ref	Randomization		Blinding		Withdrawals and dropouts	Total score
	Randomization is mentioned	The randomization was adequate?	Blinding is mentioned?	The blinding of methodology was correct?	Losses and exclusions were described?	
Ahmadi, 2020, (1)	1	1	1	1	1	5
Pawar, 2020, (2)	1	1	1	1	1	5
Saber-Moghadam, 2020, (3)	0	0	1	1	1	3
Valizadeh, 2020, (4)	1	0	1	0	1	3
Tahmasebi, 2020, (5)	1	1	1	1	1	5
Tahmasebi, 2020, (6)	1	1	1	0	1	4

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