

Supplementary Table 1: Critical appraisal of the non-randomised studies included in this systematic review, using the ROBINS-1 tool n = 13.

Paper	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes	Bias in selection of the reported result	Overall bias
Jo et al (2014) [57]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Jo et al (2017) [56]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Pers et al (2016) [64]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Roato et al (2019) [66]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk
Koh et al (2013) [69]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk
Panni et al (2019) [71]	Low risk	Low risk	Low risk	Low risk	Moderate risk	Moderate risk	Low risk	Low risk
Yokota et al (2019) [72]	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk	Low risk
Spasovski et al (2018) [68]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk
Nguyen et al (2016) [70]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk
Yokota et al (2017) [58]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk
Bansal et al (2017) [60]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk
Tran et al (2019) [61]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk
Hudetz et al (2019) [63]	Low risk	Low risk	Low risk	Low risk	Low risk	Moderate risk	Low risk	Low risk

Supplementary Table 2: Critical appraisal of the randomised studies included in this systematic review, using the RoB-2 tool n = 5

Papers	1.0 algorithm result	2.0 algorithm result	3.0 algorithm result	4.0 algorithm result	5.0 algorithm result	Algorithm's overall judgement
Song et al (2018) [38]	Low	Low	Low	Low	Low	Low
Freitag et al (2019) [65]	Some	Some	Low	Low	Low	Low
Lee et al (2019) [67]	Low	Low	Low	Low	Low	Low
Garza et al (2020) [59]	Low	Low	Low	Low	Low	Low
Hong et al (2019) [62]	Low	Some	Low	Low	Low	Low