

Supplementary Table S2. Risk of bias assessment of randomized controlled trials using the RoB 2 tool.

Study (Author, Year)	Randomization Process	Deviations from Intended Interventions	Missing Outcome Data	Measurement of Outcome	Selection of Reported Result	Overall Risk of Bias
Müller-Vahl et al., 2023	Low	Low	Some concerns	Some concerns	Low	Some concerns
Nagai et al., 2014	Some concerns	Low	High	Some concerns	Low	High