

Supplementary Material 2. Quality Assessment Data

Criteria	Acar 2015	Almeida 2002	Chai 2007	Demirtas 2010	El-Gammal 2013	Grandjean 2016	Hu 2015	Jin 2014	Koladi 2003	Li 2012	Liu 2013	Mahmoud 2011	Olawoye 2014	Ozkan 2004	Parajuli 2014	Rajacic 1996	Tan 2015	Vergara-Amador 2009	Zheng 2016	
1. Clearly stated study's question or objective	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
2. Clearly and fully described study population	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
3. Consecutive cases	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
4. Comparable subjects	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
5. Clearly described intervention	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
6. Clearly defined, valid, reliable, and consistently implemented outcome measurement	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
7. Adequate length of follow up	Not disclosed	Not disclosed	+	+	+	+	+	+	Not disclosed	+	+	+	+	Not disclosed	+	Not disclosed	+	+	Not disclosed	
8. Well described statistical method	+	-	-	-	-	+	-	+	-	-	-	-	-	-	-	-	-	-	-	-
9. Well described results	+	+	-	+	+	+	+	+	+	-	+	-	+	-	+	+	+	-	+	+