

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Loomba 2015	+	+	+	+	+	+	+
Nelson 2009			+	+	-	-	+
Takeshita 2014	+	+	+	+	+	+	+

Supplementary Figure 1. Risk of bias summary: review authors' judgments about each risk of bias item for each included study.