

Supplemental Material S1. Risk of bias assessment and level of evidence ratings of included studies.

Randomized studies							
Studies	A	B	C	D	E	F	Level
Argstatter et al. (2015)	L	L	L	L	SC	SC	Level 2
Philippot et al. (2012)	L	SC	L	L	SC	SC	Level 2
Mason et al. (1996)	L	SC	L	L	SC	SC	Level 2

Non-randomized studies									
Studies	I	II	III	IV	V	VI	VII	VIII	Level
Gilles et al. (2022)	M	L	L	L	S	M	L	S	Level 3
Searchfield et al. (2020)	M	L	L	L	L	M	L	M	Level 3

Notes: ROB2: A. Randomization, **B.** Deviations from indented interventions, **C.** missing outcome data, **D.** Measurement of the outcomes, **E.** Selection of reported results, **F.** Overall Bias, **ROBINS: I.** Bias due to confounding, **II.** Bias in classification of Intervention, **III.** Bias in selection of participants into the study, **IV.** Bias due to deviations from intervention (ITT & PP effect), **V.** Bias due to missing data, **VI.** Bias in measurement outcome, **VII.** Bias in selection of reported results, **VIII.** Overall bias, **L:** Low, **SC:** Some concerns, **M:** Moderate **S:** Serious, **Level:** OCEBM Level of Evidence