

Supplementary Table 1. Risk of bias assessment of included non-randomized controlled trial methodological quality using the ROBINS-I

Study	Bias due to confounding	Bias due to selection of participants	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcome	Bias in selection of reported results	Overall bias
Hwang et al. (2017) [1]	Low	Low	Low	Low	Low	Moderate	Low	Moderate
Chang et al. (2020) [2]	Low	Low	Low	Low	Moderate	Low	Moderate	Moderate
Yen et al. (2020) [3]	Low	Low	Low	Low	Low	Low	Low	Low
Ow et al. (2021) [4]	Low	Low	Low	Low	Moderate	Low	Low	Moderate
Gerka Stuyt et al. (2021) [5]	Low	Moderate	Low	Low	Low	Low	Low	Moderate
Ehmer et al. (2022) [6]	Low	Low	Low	Low	Low	Low	Moderate	Moderate
Lee et al. (2022) [7]	Low	Low	Low	Low	Low	Low	Low	Low
Takashima et al. (2023) [8]	Low	Low	Low	Low	Low	Low	Low	Low
Reh et al. (2023) [9]	Low	Low	Low	Low	Moderate	Low	Low	Moderate
Virani et al. (2023) [10]	Moderate	Serious	Low	Low	Moderate	Low	Serious	Serious

ROBINS-I, Risk of Bias in Non-randomized Studies of Interventions.