

Supplementary Figure 2: Risk of Bias of individual included studies

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding (performance bias and detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)	Other bias
Bu 2011	?	?	-	+	?	?
Helms 1987	+	?	-	+	?	?
Li 2008	+	?	-	+	?	?
Liu 2011	+	?	+	+	?	?
Liu 2014	+	+	+	+	?	?
Ma 2010	+	+	+	+	?	?
Ma 2013	+	+	-	-	?	?
Shi 2011	+	?	-	+	?	?
Xiong 2012	+	+	?	+	?	?
Yu 2010	+	?	-	?	?	?
Zhi 2007	+	?	-	+	?	?