

Table II - Analysis of the methodological quality of the included studies

Assessed criteria	Pérez-De la Cruz [28]	Pérez-De la Cruz [17]	Temperoni et al. [18]	Ku et al. [19]	Lim [32]	Park et al. [20]	Franciulli et al. [21]	Saleh et al. [31]	Babaeipour et al. [22]	Eyvaz et al. [23]	Cha et al. [29]	Zhu et al. [24]	Kim et al. [25]	Chan et al. [26]
Eligibility criteria	+	+	+	+	+	+	-	-	+	+	+	+	-	+
Random allocation	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Hidden Allocation	+	+	+	+	+	+	-	+	-	+	+	+	-	-
Baseline comparability	+	+	+	+	+	+	+	+	+	-	+	+	+	+
Blind participants	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Blind Therapists	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Blind appraisers	+	+	+	+	+	-	+	-	-	-	+	+	-	+
Proper follow-up	+	+	+	+	+	+	-	+	+	+	+	+	-	-
Intent-to-treat analysis	+	+	+	+	-	+	-	-	-	-	+	-	-	-
Comparisons between groups	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Point estimates and variability	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Total score	8/10	8/10	8/10	8/10	7/10	7/10	5/10	6/10	5/10	5/10	8/10	7/10	4/10	5/10

Source: Own Authorship (2021)