

Supplementary Table I. Cochrane criteria for quality of RCT.

Study	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
Moskowitz et al, 2018	Low	High	Low	Low	Low	Low	Low