**Supplementary Table 6. Study Quality Assessment for *Jadad* score (original version)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Study | Was the study described as randomized | Was the study described as double blind | Was there a description of withdrawals and dropouts | Total score |
| Method of randomization was described and it was appropriate | Method of randomization was inappropriate  | Method of blinding was described and it was appropriate |  Method of blinding was inappropriate  |
| Senore et al., 2022 | 2 | 0 | 0 | 0 | 1 | 3 |
| Miller et al., 2019 | 2 | 0 | 0 | 0 | 1 | 3 |
| Holme et al., 2018 | 2 | 0 | 0 | 0 | 1 | 3 |
| Atkin et al., 2017 | 2 | 0 | 0 | 0 | 1 | 3 |
| Thiis-Evensen et al., 2013 | 2 | -1 | 0 | 0 | 1 | 2 |
| Randel et al., 2020 | 2 | 0 | 0 | 0 | 1 | 3 |