Figure S10: Pooled SMD about quality of life which assessed at different time point

	Experimental			Control				Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
4.3.1 3 months									
Liu L. et al 2018	-12.84	2.1	45	-10.72	1.99	45	48.4%	-1.03 [-1.47, -0.59]	
Liu SS. et al 2017	-12.69	2.43	58	-10.37	2.2	40	51.6%	-0.98 [-1.41, -0.56]	_
Subtotal (95% CI)			103			85	100.0%	-1.01 [-1.31, -0.70]	•
Heterogeneity: Tau ² =	0.00; Ch	$i^2 = 0.02$	2, $df =$	1 (P = 0.8)	89); I² =	0%			
Test for overall effect:	Z = 6.43	(P < 0.0	00001)						
4.3.2 6 months									
Liu L. et al 2018	-16.35	2.73	45	-12.55	2.21	45	33.6%	-1.52 [-1.99, -1.05]	
Liu SS. et al 2017	-15.51	3.03	58	-12.54	2.58	40	34.5%	-1.03 [-1.46, -0.60]	-
Ying C. et al 2020	38.95	16.95	28	42	22.33	23	31.9%	-0.15 [-0.71, 0.40]	
Subtotal (95% CI)			131			108	100.0%	-0.91 [-1.64, -0.19]	
Heterogeneity: Tau ² =	0.35; Ch	i² = 13.6	64, df =	2(P = 0)	.001); F	² = 85%)		
Test for overall effect:	Z = 2.47	(P = 0.0)	01)	·	,.				
								_	-2 -1 0 1 2
									Favours [control] Favours [experimental]
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Test for subaroup differences: $Chi^2 = 0.05$. df = 1 (P = 0.82). $I^2 = 0\%$