|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | Was the research described as randomized | Was the approach of randomization appropriate?\* | Was the research described as blinding? # | Was the approach of blinding appropriate? | Was there a presentation of withdrawals and dropouts? | Was there a presentation of the inclusion/exclusion criteria? | Was the approach used to assess adverse effects described? | Was the approach of statistical analysis described? | Total |  |
| **Lv, 2022** | **1** | **1** | **0** | **0** | **1** | **1** | **1** | **1** | **6** | **High** |
| **Chen, 2013** | **1** | **1** | **0** | **0** | **1** | **1** | **1** | **1** | **6** | **High** |

**Supple 6.** Quality assessment of the included RCTs in the meta-analysis using using modified Jadad scale.