

Supplementary Table 3. Risk of bias assessment of the included nonrandomized controlled trials

Study	Selection	Comparability	Outcome	Total
Lyu et al., ¹⁵ 2020	★★★	★	★★★	★★★★★★★
Farah et al., ¹⁷ 2021	★★	-	★★★	★★★★★
Kisinde et al., ¹⁸ 2022	★★★	-	★★★	★★★★★★
Li et al., ¹⁹ 2022	★★	-	★★★	★★★★★
Su et al., 2022	★★★	★★	★★★	★★★★★★★
Zhan et al., ¹⁶ 2022	★★	★★	★★★	★★★★★★★