



Appendix 3

Quality Assessment

| Studies | Was true randomization used for assignment of participants to treatment groups? | Was allocation to treatment group concealed? | Were treatment groups similar at baseline? | Were participants blind to treatment assignment? | Were those delivering treatment blind to treatment assignment? | Were outcomes assessors blind to treatment assignment? | Were treatment groups treated identically other than the intervention of interest? | Was follow-up complete, and if not were differences between groups in terms of their follow-up adequately described and analysed? | Were participants analysed in the groups to which they were randomized? | Were outcomes measured in the same way for treatment groups? | Were outcomes measured in a reliable way? | Was appropriate statistical analysis used? | Was the trial design appropriate and any deviations from the standard randomized controlled trial design accounted for in the conduct and analysis of the trial? | Affirmative replies |
|-------------|---------------------------------------------------------------------------------|----------------------------------------------|--------------------------------------------|--------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Chen [29] | N | U | Y | N | N | N | Y | U | U | Y | Y | Y | Y | 5 |
| Wang [24] | Y | U | Y | N | N | N | Y | Y | Y | Y | Y | Y | Y | 9 |
| Gungor [30] | N | U | Y | N | N | N | Y | U | U | Y | Y | Y | Y | 5 |
| % | 33.3 | 0 | 100 | 0 | 0 | 0 | 100 | 33.3 | 33.3 | 100 | 100 | 100 | 100 | |