

**S1** Results of the quality assessment based on the modified Jadad Scale

<b>Study</b>	<b>Randomized research</b>	<b>Appropriate randomization</b>	<b>Blinding</b>	<b>Appropriate blinding</b>	<b>Withdrawals &amp; drop outs</b>	<b>Described eligibilty criteria</b>	<b>Adverse effects described</b>	<b>Described statistical analyses</b>	<b>Total</b>
Bergeron et al., 2016	1	1	1	1	1	1	0	1	7
Bergeron et al., 2001	1	1	1	0	1	1	0	1	6
Bergeron et al., 2021	1	1	1	1	1	1	0	1	7
Brotto et al., 2020	1	1	1	0	1	1	0	1	6
Brotto et al., 2019	1	1	1	0	1	1	0	1	6
Desrochers et al., 2010	1	1	1	0	1	1	1	1	7
Brown et al., 2021	1	1	0	0	1	1	0	1	5
Goldfinger et al., 2015	1	1	1	0	1	1	0	1	6
Rosen et al., 2021	1	1	1	1	1	1	0	1	7
Masheb et al., 2009	1	1	1	1	1	1	0	1	7

**Note:** 1 corresponds to the study fulfilling the criterium. 0 corresponds to the study not fulfilling the criterium.

