

Supplementary file 1: Jadad score of included studies											
Author	Year	Randomized	Appropriate randomization	Blinding	Appropriate blinding	Inclusion/exclusion	Side effect	Statistical analysis	Withdrawal	Total	
Martin and others ¹⁸	2008	1	1	1	1	1	0	0	1	6	
Moghadamnia and others ²⁰	2009	0	0	0.5	1	1	0	1	0	3.5	
Galal and colleagues ²²	2012	1	1	0	0	1	1	1	0	5	
Raeesi and others ¹⁴	2015	1	1	1	1	1	0	1	0	6	
Nasry and colleagues ²¹	2016	1	1	0	0	0	1	1	0	4	
Akbari and others ¹⁹	2020	1	1	1	1	1	1	1	1	8	