Supplementary file 1: Jadad score of included studies										
Author	Year	Rand omized	Appropriate randomization	Blin ding	Appropriate blinding	Inclusion/ exclusion	Side effect	Statistical analysis	Withd rawal	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

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