Supplementary Table 7. Risk of bias assessment at study and at domain level for pilot randomized controlled trials

Study	Domain 1	Domain 2	Domain 3	Domain 4	Domain 5	Overall
Tiacharoen 2020[18)]	Low	Low	Low	Low	Some concerns	Some concerns
Verlaat 2013[19)]	Low	Low	Low	Low	Some concerns	Some concerns

D1: Bias arising from the randomization process. D2: Bias due to deviations from intended intervention. D3: Bias due to missing outcome data. D4: Bias in measurement of the outcome. D5: Bias in selection of the reported result