Supplementary document1 Table 4 Methodological Quality Assessment

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Inclusion of studies | Eligibility criteria | Random allocation | Assignment hiding | Baseline similarity | Blindness of the study population | Therapist blindness | | Outcome assessment of blindness | | Participation rate > 85% | | Intention-to-treat analysis | | Intergroup analysis of statistical results | Point measurements and difference values | totals | |
| SHREELAXMI VHEGDE, PHD2011 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | | 1 | | 1 | | 1 | | 1 | 6 |
| Guo yanli2014 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | | 1 | | 1 | | 1 | | 1 | 6 |
| Zhang yan2012 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | | 1 | | 1 | | 1 | | 1 | 6 |
| Tichanon Promsrisuk2023 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | | 1 | | 1 | | 1 | | 1 | 8 |
| Shreelaxmi V. Hegde  2020 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | | 1 | | 1 | | 1 | | 1 | 6 |
| Li Xiaobing2012 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | | 1 | | 1 | | 1 | | 1 | 6 |
| Wang jie2015 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | | 1 | | 1 | | 1 | | 1 | 7 |
| Wei jiao2023 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | | 1 | | 1 | | 1 | | 1 | 6 |
| Lorenzo  A Gordon  2008 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | | 1 | | 1 | | 1 | | 1 | 8 |
| Samara Sousa Vasconcelos Gouveia  2021 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | | 1 | | 1 | | 1 | | 1 | 7 |
| Xu yuxin2019 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | | 1 | | 1 | | 1 | | 1 | 6 |