**Supplementary file 1:** The quality of studies included in systematic review and meta-analysis

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| Study name | NOS score | Quality level |
| Erin K, 2017 (34) | 7 | Moderate |
| Singla et al., 2019 (35) | 8 | High |
| Sayena J et al., 2015 (36) | 8 | High |
| Ashjazadeh N, 2015 (37) | 9 | High |
| Fattahzadeh AG et al., 2017 (38) | 8 | High |
| Ito M et al., 2004 (26) | 8 | High |
| Inn-Chi L., 2018 (39) | 8 | High |
| Mainieri et al., 2015 (40) | 9 | High |
| Zhang et al., 2018 (37) | 5 | Low |
| Gökhan Ö et al., 2010 (43) | 8 | Moderate |
| Mameniškiene R et al., 2016 (44) | 9 | High |
| Wang et al., 2014 (25) | 9 | High |
| Slavica V. et al., 2012 (45) | 8 | High |
| Shamim R..,2018 (46) | 9 | High |
| Kwan P et al., 2008 (38) | 8 | High |
| Yosria AHA. et al., 2017 (43) | 7 | High |
| Sayed MA *et al, 2019 (44)* | 8 | High |