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| **Studies** | **Quality Indicators From Jadad Scale** | **Score** |
| **1** | **2** | **3** | **4** |
| RCT |
| Blanke et al, 2008 | 2 | 2 | 0 | 1 | 5 |
| Verweij et al, 2004 | 2 | 2 | 0 | 1 | 5 |
| Demetri et al, 2002 | 2 | 2 | 0 | 0 | 4 |