

Table 1. Oxford Centre of Evidence-Based Medicine (OCEBM) Levels of Evidence*

1a	Systematic reviews (with homogeneity) of randomized controlled trials
1b	Individual randomized controlled trials (with narrow confidence interval)
1c	All or none randomized controlled trials
2a	Systematic reviews (with homogeneity) of cohort studies
2b	Individual cohort study or low-quality randomized controlled trials (e.g., < 80% follow-up)
2c	“Outcomes” Research; ecological studies
3a	Systematic review (with homogeneity) of case-control studies
3b	Individual case-control study
4	Case series (and poor quality cohort and case-control studies)
5	Expert opinion without explicit critical appraisal, or based on physiology, bench research, or “first principles”

* OCEBM Working Group (2009)

Table 2. Description of the Studies Based on the PICO Model and Levels of Evidence

Article	Population (P)	Intervention (I)	Comparison (C)	Outcome (O)	Level of Evidence
Mashima et al. (2003)	X	X	X	X	1b
Tindall, Huebner, Stemple, & Kleinert (2009)	X	X		X	2b
Constantinescu et al. (2010)	X	X		X	3b
Constantinescu et al. (2011)	X	X		X	2b
Rangarathnam et al. (2015)	X	X	X	X	1b
Fu, Theodoros, & Ward (2015)	X	X		X	2b