

Supplementary Table

The general characteristics of the included studies.

Study characteristics						Participants characteristics					
Title	First Author	Year	Journal	Country	Language	Age	Sex	Sample size	Number for analysis	Duration of UC	Diagnostic criteria

* UC: ulcerative colitis.

The specific characteristics of the included studies.

Author Year	Design characteristics				Intervention characteristics				Outcomes and measurements			
	Design	Randomization	Allocation	Blinding	Group	Type	Frequency	Length	Primary outcomes	Secondary outcomes	Follow-up time points	Drop-out rates

The data for RevMan.

Author Year	Outcome	Measurements	Time point	For continuous data						For dichotomous data			
				Intervention			Control			Intervention		Control	
				Mean	SD*	Total	Mean	SD*	Total	Events	Total	Events	Total

*SD: standard deviation.