PRISMA 2020 Checklist

Section/topic	Item No	Checklist item	Reported on Page Number/Line Number	Reported on Section/Paragraph
TITLE				
Title	1	Identify the report as a systematic review.	Page 1/Line 2	Title
ABSTRACT				
Abstract	2	See the PRISMA 2020 for Abstracts checklist (Table 2).	Page 1/Line 16-42	Abstract
INTRODUCTION				
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Page 2/Line 46-81	Introduction/Paragraph
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page 3/Line 82-84	Introduction/Paragraph 5
METHODS				
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Page 3/Line 90-93	Materials and
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Page 3/Line 95-98	Materials and Methods/Data Sources and
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Page 11/Line 322	Supplementary Table 1
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Page 3/Line 99-103	Materials and Methods/Data Sources and Extraction
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Page 3/Line 99-103	Materials and Methods/Data Sources and Extraction
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Page 3/Line 104-111	Materials and Methods/Data Sources and Extraction
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Page 11/Line 322	Supplementary Table 1

Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Page 4/Line 113-117	Materials and Methods/Risk of Bias Assessment
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Page 5/Line 119-132	Results/Statistical Analysis
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis.	1) Page 11/Line 322	1) Supplementary Table 1
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	N/A	N/A
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Page 4/Line 127-128	Materials and
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Page 4/Line 127-132	Materials and Methods/Statistical Analysis
	13e	Describe any methods used to explore possible causes of heterogeneity among study results.	Page 4/Line 129-132	Materials and
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	N/A	N/A
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Page 4/Line 113-117	Materials and Methods/Risk of Bias
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Page 4/Line 127-129	Materials and Methods/Statistical
RESULTS				
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Page 5/Line 142	Results/ Study Selection
	16b	Cite studies that met many but not all inclusion criteria ('near-misses') and explain why they were excluded.	N/A	N/A
Study characteristics	17	Cite each included study and present its characteristics.	Page 13/Line 336	Supplementary Table 2
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Page 13/Line 329	Supplementary Figure 2
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	1) Page 5/Line 155-163 2) Page 6/Line 167-185	1) Results/Statistical analysis

Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	1) Page 13/Line 329	1) Supplementary Figure 2
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Page 6/Line 167-185	Figure 2, 3, 4, 5, 6
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	1) Page 9/ Line 22-229	1) Discussion
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	N/A	N/A
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	1) Page 13/ Line 329	Supplementary Figure 2
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	2) Page 6/Line 167-185	2) Figure 2, 3, 4, 5, 6
DISCUSSION				
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Page 8/Line 202-209	Discussion
	23b	Discuss any limitations of the evidence included in the review.	Page 8/Line 222-229	Discussion
	23c	Discuss any limitations of the review processes used.	Page 8/Line 222-229	Discussion
	23d	Discuss implications of the results for practice, policy, and future research.	Page 8/Line 232-235	Conclusions
OTHER INFORMATION				
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	Page 4/Line 87-88	Materials and Methods
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Page 4/Line 87-88	Materials and Methods
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	N/A	N/A
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	N/A	N/A
Competing interests	26	Declare any competing interests of review authors.	N/A	N/A
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	N/A	N/A

Table 2 PRISMA 2020 for Abstracts checklist

Section/topic	Item No	Checklist item	Reported on Page Number/Line Number	Reported on Section/Paragraph
TITLE				
Title	1	Identify the report as a systematic review.	Page 1/Line 2	Title
BACKGROUND				
Objectives	2	Provide an explicit statement of the main objective(s) or question(s) the review addresses.	Page 1/Line 21-22	Background
METHODS				
Eligibility criteria	3	Specify the inclusion and exclusion criteria for the review.	Page 1/Line 23-28	Methods
Information sources	4	Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched.	Page 1/Line 23-28	Methods
Risk of bias	5	Specify the methods used to assess risk of bias in the included studies.	N/A	N/A
Synthesis of results	6	Specify the methods used to present and synthesize results.	Page 1/Line 23-28	Methods
RESULTS				
Included studies	7	Give the total number of included studies and participants and summarise relevant characteristics of studies.	Page 1/ Line 29-36	Results
Synthesis of results	8	Present results for main outcomes, preferably indicating the number of included studies and participants for each. If meta-analysis was done, report the summary estimate and confidence/credible interval. If comparing groups, indicate the direction of the effect (i.e. which group is favoured).	Page 1/ Line 29-36	Results
DISCUSSION				
Limitations of evidence	9	Provide a brief summary of the limitations of the evidence included in the review (e.g. study risk of bias, inconsistency and imprecision).	N/A	N/A
Interpretation	10	Provide a general interpretation of the results and important implications.	Page 2/ Line 37-42	Conclusions
OTHER				
Funding	11	Specify the primary source of funding for the review.	N/A	N/A
Registration	12	Provide the register name and registration number.	N/A	N/A

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*As the checklist was provided upon initial submission, the page number/line number reported may be changed due to copyediting and may not be referable in the published version. In this case, the section/paragraph may be used as an alternative reference.

N/A Justifications Checklist PRISMA 2020

13b) There are no missing summary statistics or need data conversions.

13f) A sensitivity analysis was conducted, and no significant differences were found.

16b) All 'near misses' studies were not chosen because they did not answer the central question of the research. For the purpose of evaluating the study and assessing its validity, we defined appropriate inclusion and exclusion criteria.

20d) Sensitivity analyses revealed that overall results were not affected, so we didn't produce a summary table for each sensitivity analysis undertaken.

21) All pre-specified and expected outcomes of interest are reported.

24c) There were no amendments at registration or in the protocol.

25) There was no financial support.

26) There were no competing interests of the review authors.

27) We used the same software (Cochrane Revman) to extract data and we performed data extraction best practices.

Abstract Check list:

5) There is a mention of bias risk in the full text article.

9) Limitations is a mention in the full text article.

11) No funding was provided for the development of this meta-analysis.

12) In the full text, there is a mention of the PROSPERO registration number