



## PRISMA 2020 Checklist

Section/topic	Item No	Checklist item	Reported on Page Number/Line Number	Reported on Section/Paragraph
<b>TITLE</b>				
Title	1	Identify the report as a systematic review.	Page1/Line1-2	Title/Paragraph 1
<b>ABSTRACT</b>				
Abstract	2	See the PRISMA 2020 for Abstracts checklist (Table 2).	Page 2-3/Line 20-53	Abstract/ Paragraph 1-6
<b>INTRODUCTION</b>				
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Page4/Line56-76	Introduction/Paragraph1-4
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page4-5/76-78	Introduction/Paragraph4
<b>METHODS</b>				
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Page6/102-109	Methods/ Inclusion criteria
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.	Page5/Line83-86	Methods/Paragraph 2
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Page5/Line87-96	Methods/Paragraph2
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.	Page6/Line111-114	Methods/ Data 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.	Page6/Line114-118	Methods/ Data 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.	Page6-7/Line 118-124	Methods/ Data 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.	Page7/Line124-126	Methods/ Data extraction

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.	Page7/Line128-129	Methods/Quality 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.	Page7/Line134-137	Methods/Data analysis
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis.	Page6/Line102-106	Methods/Inclusion criteria
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Page7/Line124-126	Methods/Data extraction
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Page7/Line134-137	Methods/ Data analysis
	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.	Page7/Line141-142	Methods/ Data analysis
	13e	Describe any methods used to explore possible causes of heterogeneity among study results.	Page7/Line137-140	Methods/ Data analysis
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Page8/Line144-145	Methods/ Subgroup and sensitivity analyses
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Page8/Line45	Methods/ Subgroup and sensitivity analyses
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Page5-6/Line98-100	Methods/ Paragraph2
<b>RESULTS</b>				
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.	Page8/Line148-149	Results/Figure S1
	16b	Cite studies that met many but not all inclusion criteria ('near-misses') and explain why they were excluded.	Page8/Line148-149	Results/Figure S1
Study characteristics	17	Cite each included study and present its characteristics.	Page8-9/Line161-169	Results/Table 1
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Page11/Line173	Results/Figure S2
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.	Page11-13/Line181-220	Results/Figure 1,2,3

Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Page11-13/Line182,201-202,210-220	Results/Endpoints
	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.	Page11-13/Line182-183,201-201,210-220	Results/Endpoints
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Page13/Line234	Results/ Sensitivity analysis and publication bias
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Page13-14/Line234-237	Results/Table2,3
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Page15/Line242-245	Results/Figure S3
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Page123/Line234	Results/ Paragraph 7
<b>DISCUSSION</b>				
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Page15-17/Line247-293	Discussion and conclusions/ Paragraph1-3
	23b	Discuss any limitations of the evidence included in the review.	Page17/Line294-296	Discussion and conclusions/ Paragraph4
	23c	Discuss any limitations of the review processes used.	Page17-18/296-301	Discussion and conclusions/ Paragraph4
	23d	Discuss implications of the results for practice, policy, and future research.	Page18/Line302-308	Discussion and conclusions/ Paragraph5
<b>OTHER INFORMATION</b>				
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	Page18-19/Line 320-322	Footnote/ Paragraph2
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	N/A	
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	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.	Page18/Line313-314	Funding Statement
Competing interests	26	Declare any competing interests of review authors.	Page18/Line316-317	Footnote/ Paragraph1
Availability of data,	27	Report which of the following are publicly available and where they can be found: template data collection forms;	Page19/Line323	Footnote/

code and other materials	data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Paragraph3
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**Table 2 PRISMA 2020 for Abstracts checklist**

Section/topic	Item No	Checklist item	Reported on Page Number/Line Number	Reported on Section/Paragraph
<b>TITLE</b>				
Title	1	Identify the report as a systematic review.	Page1/Line1-2	Title/Paragraph 1
<b>BACKGROUND</b>				
Objectives	2	Provide an explicit statement of the main objective(s) or question(s) the review addresses.	Page2/Line21-22	Abstract/Paragraph 1
<b>METHODS</b>				
Eligibility criteria	3	Specify the inclusion and exclusion criteria for the review.	Page2/Line24-27	Abstract/Paragraph 2
Information sources	4	Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched.	Page2/Line23-24	Abstract/Paragraph2
Risk of bias	5	Specify the methods used to assess risk of bias in the included studies.	Page2/Line27-28	Abstract/Paragraph 2
Synthesis of results	6	Specify the methods used to present and synthesize results.	Page2/Line28-29	Abstract/ Paragraph 2
<b>RESULTS</b>				
Included studies	7	Give the total number of included studies and participants and summarise relevant characteristics of studies.	Page2/Line30-36	Abstract/ Paragraph 3
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).	Page2-3/Line36-45	Abstract/Paragraph3
<b>DISCUSSION</b>				
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).	Page3/Line46-47	Abstract/ Paragraph4
Interpretation	10	Provide a general interpretation of the results and important implications.	Page3/Line47-50	Abstract/ Paragraph4
<b>OTHER</b>				

Funding	11	Specify the primary source of funding for the review.	Page3/Line53	Abstract/ Paragrap6
Registration	12	Provide the register name and registration number.	Page3/Line54	Abstract/ Paragrap6

Article information: <https://dx.doi.org/10.21037/apm-21-1564>

\*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.