PRISMA 2020 Checklist

Section/topic		Checklist item	Where Reported (page)
TITLE			
1	Title	*Identify the report as a systematic review, meta-analysis, or both*. Provided in title.	Title
ABSTRACT			
2	Structured summary	*See the PRISMA abstracts checklist*. Items 1-11 are addressed in the abstract. Item 12 in not applicable. Full details of items 7 and 8 (numbers of studies and patients for each outcome) are not reported for several reasons: 1) abstract length restrictions 2) the heterogeneous nature of the evidence, inconsistent usage of terms and definitions of cohorts renders strict quantification difficult for many outcomes. Details provided in the text and tables in the body of the paper provide transparency that cannot be summarized easily in the abstract.	Abstract
INTRODUCTION			
3	Rationale	*Describe the rationale for the review in the context of existing knowledge*. Provided	Introduction
4	Objectives	*Provide an explicit statement of questions being addressed*. PICO questions provided	Appendix-1
METHODS			
5	Eligibility criteria	*Specify inclusion and exclusion criteria for the review and how studies were grouped for the syntheses*. Provided	Appendix-2, grouping described in Appendix-3
6	Information sources	*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*. Provided	Appendix-2
7	Search Strategy	*Present the full search strategies for all databases, registers and websites, including any filters and limits used*. Provided	Appendix-2
8	Selection process	*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*. Provided	Literature Search and Study Selection; Appendix-2
9	Data collection process	*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*. Data abstracted by 1 panelist	Appendix-2
10a	Data Items	*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*. Provided	Appendix-1
10b	Data Items	*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*. Provided in Appendix-3	Appendix-3
11	Study risk of bias assessment	*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*. Provided in Appendix-2	Appendix-2

13a	Synthesis methods	*Describe the processes used to decide which studies were eligible for each synthesis*. Studies were assessed independently by 2 reviewers whether they met general inclusion exclusion criteria	Appendix-2
13b	"	*Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions*. Described in appendix-3 in terms of qualitatively synthesizing studies. Quantitative synthesis was not done	Appendix-3
13c	"	*Describe any methods used to tabulate or visually display results of individual studies and syntheses*. Described in Tables and figures	Tables and figures
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*. The method to synthesize results is described in appendix-3. No statistical analysis was performed, for the same reasons no meta-analysis was performed	Appendix-3
13e	"	*Describe any methods used to explore possible causes of heterogeneity among study results.* This is discussed in Appendix-3	Appendix-3
13f	"	*Describe any sensitivity analyses conducted to assess robustness of the synthesized results*. quantitative meta-analysis is deemed inappropriate for reasons described in Appendix-2	Appendix-2
14	Reporting bias assessment	*Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases)*. No data imputation performed,	Appendix-2
15	Certainty assessment	*Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.* Deemed not applicable as described in Appendix-2	Appendix-2
RESULTS			
16a	Study selection	*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*. Flow chart provided	Appendix-2
16b	"	*Cite studies that met many but not all inclusion criteria ('near-misses') and explain why they were excluded.* Provided	Table-A, Appendix-3
17	Study characteristics	*Cite each included study and present its characteristics*. Provided	Table-A, Appendix-3; references
18	Risk of bias in studies	*Present assessments of risk of bias for each included study.* A categorization for low-level evidence was used as explained in Appendix-2	Appendix-2
19	Results of individual studies	*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*. A quantitative estimate of precision is not applicable due to the low-level nature of the evidence and heterogeneity. These latter aspects are presented in included tables	Not applicable
20a	Results of Syntheses	*For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies*. A categorization for low-level evidence was used as explained in Appendix-2	Not applicable

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.* A quantitative meta-analysis is deemed not appropriate	Not applicable, discussed in Methods and appendix-2
20c	"	*Present results of all investigations of possible causes of heterogeneity among study results.*	Table-A, Appendix-3
20d	"	*Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.* The nature of the available data does not allow sensitivity analyses to be performed	Not applicable
21	Reporting biases	*Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed..* Missing data is shown in tables so that it can be considered appropriately	Reported in relevant individual tables
22	Certainty of evidence	*Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.* Not applicable as discussed in Appendix-2	Not applicable
DISCUSSION			
23a	Discussion	*Provide a general interpretation of the results in the context of other evidence.* Provided	Discussion
23b	"	*Discuss any limitations of the evidence included in the review.* Provided	Discussion
23c	"	*Discuss any limitations of the review processes used..* Provided	Discussion
23d	"	*Discuss implications of the results for practice, policy, and future research.* Provided	Discussion
OTHER INFORMATION			
24a	Registration and protocol	*Provide registration information for the review, including register name and registration number, or state that the review was not registered.* No protocol was registered	Appendix-2
24b	"	*Indicate where the review protocol can be accessed, or state that a protocol was not prepared.* No formal protocol beyond PICO questions was written	Appendix-2
24c	"	*Describe and explain any amendments to information provided at registration or in the protocol.* No formal protocol beyond PICO questions was written	Appendix-2
25	Support	*Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.* There was no source of funding.	Appendix-2
26	Competing interests	*Declare any competing interests of review authors.* No study panelist had any conflicts	Methods, Journal COI statement
27	Availability of data, code and other materials	*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.* No additional data files were generated; the tables represent the data available. Any additional data from the source papers are referenced and in the public domain	Not applicable (all data is already shown in the tables)

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*As the checklist was provided upon initial submission, the page number reported may be changed due to copyediting and may not be referable in the published version.