

Table S1 ROBINS-I (risk of bias judgements in non-randomized studies of interventions)

#	Article (year)	Confounding	Selection of participants	Classification of intervention	Deviations from intended intervention	Missing data	Measurement of outcomes	Selection of reported results	Overall
1	Spilde <i>et al.</i> (2008)	Low	Low	Low	Low	Low	Low	Low	Low
2	Kay <i>et al.</i> (2009)	Low	Low	Low	Low	Low	Low	Low	Low
3	van der Zee (2011)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
4	Hill <i>et al.</i> (2011)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
5	Burgmeier & Schier (2012)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
6	Jensen <i>et al.</i> (2013)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
7	Parmentier <i>et al.</i> (2015)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
8	Li <i>et al.</i> (2015)	Low	Low	Low	Low	Low	Low	Low	Low
9	MacCormack & Lam (2016)	Low	Low	Low	Low	Low	Low	Low	Low
10	Oh <i>et al.</i> (2017)	Low	Low	Low	Low	Low	Low	Low	Low
11	Cho <i>et al.</i> (2017)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
12	Chiarenza <i>et al.</i> (2017)	Low	Low	Low	Low	Low	Low	Low	Low
13	Son & Kien (2017)	Low	Low	Low	Low	Low	Low	Low	Low
14	Gfroerer <i>et al.</i> (2018)	Low	Low	Low	Low	Low	Low	Low	Low
15	Lyu <i>et al.</i> (2018)	Low	Low	Low	Low	Low	Low	Low	Low
16	Dewberry (<i>et al.</i> (2018)	Low	Low	Low	Low	Low	Low	Low	Low
17	Holler <i>et al.</i> (2019)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
18	Sidler (<i>et al.</i> (2020)	Low	Low	Low	Low	Low	Low	Low	Low
19	Kozlov <i>et al.</i> (2021)	Low	Low	Low	Low	Low	Low	Low	Low
20	Gracie & Lam (2023)	Low	Low	Low	Low	Low	Low	Low	Low
21	Cruz-Centeno <i>et. Al</i> (2023)	Low	Low	Low	Low	Low	Low	Low	Low
22	Khan <i>et al.</i> (2023)	Moderate	Low	Low	Low	Low	Low	Low	Moderate
23	Liang <i>et al.</i> (2023)	Low	Low	Low	Low	Low	Low	Low	Low

Low comparable to a well-performed randomized trial; Moderate sound for a non-randomized study, but not comparable to a rigorous randomized trial, Serious presence of important problems, Critical too problematic to provide any useful evidence on the effects of intervention, overall risk of bias equal to the most severe level of bias found in any domain.