

Table S1 Risk of bias assessment: non-randomised experimental studies

	Clearly defined variables	Similar participants in any comparisons	Participants receiving similar treatment/ care than exposure of interest?	Control group	Multiple measurements of outcome pre and post exposure	Follow up complete	Valid and reliable measurement of outcomes	Outcomes measured reliably?	Appropriate statistical test	General level of evidence
Acar 2018 (21)	-	-	+	-	+	+	+	+	-	+
Akhter 2016 (29)	+	+	+	+	+	+	+	+	+	+
Aksungur 2012 (33)	+	+	+	+	+	+	+	+	+	+
Aksungur 2011 (30)	+	+	+	+	+	+	+	+	+	+
Alvarado 2015 (53)	-	+	+	+	+	+	+	+	+	+
Álvarez-Álvarez 2019 (54)	+	+	+	+	+	+	+	+	+	+
Alvarez-Rivera 2016 (82)	+	+	+	+	+	+	+	+	+	+
Bang 2019 (37)	+	+	+	+	+	+	+	+	+	+
Bian 2016 (55)	+	+	+	+	+	+	+	+	+	+
Choi 2020 (70)	+	+	+	+	+	+	+	+	+	+
Contreras-Ruiz 2013 (51)	+	+	+	+	+	+	+	+	+	+
Coursey 2015 (56)	+	+	+	+	+	?	+	+	+	+
Di Tommaso 2011 (48)	+	+	+	-	?	+	+	+	+	+
Hermans 2014 (31)	+	+	+	+	+	?	+	+	+	+
Hsueh 2015 (71)	+	+	+	-	-	+	+	+	+	+
Hsueh 2020 (75)	+	+	+	+	+	+	+	+	+	+
Hu 2020 (65)	+	+	+	+	-	+	?	?	+	+
Huang 2018 (59)	+	+	+	+	+	+	+	+	+	+
Jurišić Dukovski 2020 (57)	+	+	+	+	+	+	+	+	+	+
Li 2019 (60)	+	+	+	+	+	+	+	+	+	+
Lin 2020 (61)	+	+	+	+	-	+	?	+	+	+
Lin 2019 (63)	+	-	-	-	+	+	+	+	+	+
Liu 2017 (69)	+	+	+	+	+	+	+	+	+	+
Liu 2016 (50)	+	+	+	+	-	+	+	+	-	+
Nagai 2020 (68)	+	-	-	-	+	-	+	+	+	?
Niamprem, Milla 2019 (10)	+	-	-	-	-	-	+	+	-	-
Niamprem, Teapavarapruk 2019 (20)	+	+	+	+	+	+	+	+	+	+
Pang 2019 (72)	+	?	+	+	+	?	-	+	+	+
Pehlivan 2015 (45)	+	+	+	+	?	+	+	+	+	+
Rahman 2014 (83)	+	+	+	+	-	+	+	+	+	+
Vicario-de-la-Torre 2018 (22)	+	+	+	+	+	+	+	+	+	+
Wen 2019 (58)	+	+	+	-	-	?	+	+	+	+
Yavuz 2016 (46)	+	+	+	+	-	+	+	+	+	+
Yenice 2008 (47)	+	+	+	+	+	+	+	+	+	+
Zhang W 2014 (23)	+	+	+	+	-	+	+	+	+	+
Zheng 2020 (52)	+	+	+	+	-	+	+	+	+	+

Table S2 Risk of bias assessment: randomised trials

	True randomisation	Allocation to treatment groups concealed	Treatment groups similar at baseline	Participants blind to treatment assignment	Those delivering treatment blind to treatment assignment	Outcome assessors blinded	Treatment groups treated identically other than intervention of interest	Adequate follow up	Analysis in the groups to which they were randomised	Outcomes measured in same way	Outcomes measured in a reliable way	Appropriate statistical analysis	Appropriate trial design?	General level of evidence
Downie 2020 (24)	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Fan 2016 (84)	?	-	+	+	+	-	+	+	+	+	+	+	+	+
Goldberg 2019 (39)	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Lee 2017 (67)	?	N/A	N/A	N/A	N/A	N/A	+	+	+	+	+	+	+	+
Kang 2020 (34)	+	+	+	+	+	?	+	+	+	+	+	+	+	+
Kim 2017 (35)	+	+	+	+	+	+	+	+	+	+	+	+	+	+
Malhotra 2019 (40)	?	+	+	+	+	+	+	+	+	+	+	+	+	+
Muntz 2020 (27)	N/A	+	+	+	+	?	+	+	+	+	+	+	-	+
Park 2019 (36)	?	+	-	-	+	+	+	+	-	+	+	+	?	+
Sheppard 2020 (43)	?	?	+	+	+	?	+	+	+	+	+	+	+	+
Silverstein 2020 (9)	?	-	N/A	-	-	-	?	+	+	+	+	?	-	+
Smyth-Medina 2019 (44)	?	+	+	+	+	+	+	+	+	+	+	+	+	+
Tauber 2018 (38)	?	+	+	+	+	+	+	+	+	+	+	+	+	+
Weisenberger 2021 (28)	-	?	-	+	+	?	+	-	+	+	-	+	-	+
Weiss 2019 (42)	+	N/A	N/A	N/A	N/A	N/A	+	+	+	+	+	+	?	+
Yu 2019 (66)	+	N/A	N/A	N/A	N/A	N/A	+	+	+	+	+	+	+	+