

Table S1 Leave-one-out sensitivity analysis

Excluded Study	Pooled Effect Size (HR)	95% Confidence Interval (CI)	I ² (%)	P value
None (Overall Analysis)	0.42	0.28-0.65	83	<0.001
Wang X., 2021 (25)	0.39	0.25-0.64	83	<0.001
Wang X., 2021 (24)	0.41	0.25-0.66	85	<0.001
Peng P., 2023 (22)	0.41	0.25-0.67	85	<0.001
Wang XS., 2023 (23)	0.53	0.42-0.68	24	<0.001
Zhou Y., 2024 (33)	0.42	0.25-0.68	86	<0.001
Xu H., 2024 (34)	0.39	0.25-0.63	82	<0.001
Yuan Z. 2025	0.47	0.3-0.73	85	<0.001