

Table S1 Category of evidence

Level	Evidence	Sources	Agreement from experts
1A	High	Rigorous randomized clinical trial or meta-analysis	With consensus ($\geq 80\%$ agreement)
1B	High	Rigorous randomized clinical trial or meta-analysis	With basic consensus (60–80% agreement)
2A	Moderate	General quality meta-analysis, small-scale randomized controlled trials, well-designed large-scale retrospective studies, case-control studies	With consensus ($\geq 80\%$ agreement)
2B	Moderate	General quality meta-analysis, small-scale randomized controlled trials, well-designed large-scale retrospective studies, case-control studies	With basic consensus (60–80% agreement)
3	Low	Non controlled single arm clinical study, case report expert opinion	No consensus while significant controversy (<60% agreement)