| Section/Topic | Item No | Checklist Item                                                                 | Reported on Page Number/Line Number | Reported on Section/Paragraph |
|--------------|---------|--------------------------------------------------------------------------------|------------------------------------|------------------------------|
| TITLE        | 1       | Identify the report as a systematic review, meta-analysis, or both.              | 1, 3                               | Title page                   |
| ABSTRACT     | 2       | Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number. | 2, 28-50                          | Abstract                     |
| INTRODUCTION | Rationale 3 | Describe the rationale for the review in the context of what is already known. | 4-5, 56-84                        | Introduction 1-2             |
|              | Objectives 4 | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS). | 5, 85-89                          | Introduction 3               |
| METHODS      | Protocol and registration 5 | Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number. | N/A                               | N/A                          |
|              | Eligibility criteria 6 | Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. | 5-6, 93-119                       | Methods 1-3                  |
|              | Information sources 7 | Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched. | 5-6, 94-96, 107-110               | Methods 1-2                  |
|              | Search 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated. | 5-6, 93-105                       | Methods 1                   |
|              | Study selection 9 | State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis). | 6, 112-119                       | Methods 3                   |
|              | Data collection process 10 | Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators. | 6, 112-119                       | Methods 3                   |
|              | Data items 11 | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made. | 6, 112-119                       | Methods 3                   |
## Risk of bias in individual studies

Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.

*6, 121-126*  
*Methods 4*

## Summary measures

State the principal summary measures (e.g., risk ratio, difference in means).

*6, 119*  
*Methods 3*

## Synthesis of results

Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I²) for each meta-analysis.

N/A  
N/A

## Risk of bias across studies

Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).

*6, 121-126*  
*Methods 4*

## Additional analyses

Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.

N/A  
N/A

### RESULTS

#### Study selection

Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.

7, 130-133, Fig 1  
9, 178-182, Fig. 2  
Results 1 + 5, Fig. 1-2

#### Study characteristics

For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.

Table 1 - 2  
Table 1 - 2

#### Risk of bias within studies

Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).

Table 1 - 2  
Table 1 - 2

#### Results of individual studies

For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.

Table 1 - 2  
Table 1 - 2

#### Synthesis of results

Present results of each meta-analysis done, including confidence intervals and measures of consistency.

N/A  
N/A

#### Risk of bias across studies

Present results of any assessment of risk of bias across studies (see Item 15).

7, 134-141  
9, 182-185  
Results 1 + 5

#### Additional analysis

Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).

N/A  
N/A

### DISCUSSION

#### Summary of evidence

Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).

12, 241-256  
13, 268-279  
Discussion 2 + 4

#### Limitations

Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).

15, 318-346  
Discussion 8-9

#### Conclusions

Provide a general interpretation of the results in the context of other evidence, and implications for future research.

16-17, 349-368  
Discussion 10-11
**FUNDING**

| Source | Description                                                                 |
|--------|-----------------------------------------------------------------------------|
| Funding | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. |

From: Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(7): e1000097. doi:10.1371/journal.pmed1000097

For more information, visit: www.prisma-statement.org.

---

*As the checklist was provided upon initial submission, the page number/line number reported may be changed due to copyediting and may not be referable in the published version. In this case, the section/paragraph may be used as an alternative reference.*