| Section/topic | Item No | Checklist item                                                                                                                                                                                                 | Reported on Page Number/Line Number | Reported on Section/Paragraph |
|---------------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|------------------------------|
| TITLE         |         |                                                                                                                                                                                                              |                                   |                              |
| Title         | 1       | Identify the report as a systematic review, meta-analysis, or both.                                                                                                                                              | Page 2/line 23-24                 | Abstract/para 2               |
| ABSTRACT      |         |                                                                                                                                                                                                              |                                   |                              |
| Structured summary 2 | 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. | Page 2/line 18-36                 | Abstract/para 1-4             |
| INTRODUCTION  |         |                                                                                                                                                                                                              |                                   |                              |
| Rationale     | 3       | Describe the rationale for the review in the context of what is already known.                                                                                                                                   | Page 4-5/line 78-91               | Introduction/ para 3-4        |
| Objectives    | 4       | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).                                                        | Page 5/line 88-91                 | Introduction/ para 4          |
| METHODS       |         |                                                                                                                                                                                                              |                                   |                              |
| Protocol and registration 5 | 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 | 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. | Page 6/line 107-114               | Methods/ para 2              |
| Information sources 7 | 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.                                          | Page 5/line 97-98                 | Methods/ para 1              |
| Search        | 8       | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.                                                                                 | Page 5/line 97-104                 | Methods/ para 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). | Page 5/line 100-104 | Methods/ para 1 |
|----------------|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|------------------|
|                 |   |                                                                                                                                                                                                  | Page 6/line 107-110 | Methods/ para 2  |
| Data collection | 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.                                      | Page 6/line 116-123 | Methods/ para 3  |
| process         |   |                                                                                                                                                                                                  |                     |                  |
| Data items      | 11| List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.                                                                 | Page 6-7/line 119-128 | Methods/ para 3-4 |
| Risk of bias in | 12| 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. | Page 7/line 136-143 | Methods/ para 5  |
| individual studies |   |                                                                                                                                                                                                  |                     |                  |
| Summary measures| 13| State the principal summary measures (e.g., risk ratio, difference in means).                                                                                                                                                                                | Page 7/line 130-133 | Methods/ para 5  |
| Synthesis of results | 14| Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2) for each meta-analysis.                                                                                                     | Page 7/line 136-140 | Methods/ para 5  |
| Risk of bias across studies | 15| Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).                                                                                                                      | Page 7/line 140-143 | Methods/ para 5  |
| Additional analyses | 16| Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.                                                                                                              | Page 7/line 143-146 | Methods/ para 5  |

**RESULTS**

| Study selection | 17| 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.                                                                                     | Page 8/line 150-160 | Results/ para 1 (Fig 1) |
| Study characteristics | 18| For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.                                                                                                       | Page 8-9/line 162-180 | Results/ para 2 (Table 1) |
| Risk of bias within studies | 19| Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).                                                                                                                                                      | Page 9/line 182-187 | Results/ para 3 |
| Results of individual studies | 20| 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.                                      | Page 9/line 185-187 | Results/ para 3 (fig 2) |
| Section                        | Page/line | Results/ para |
|-------------------------------|-----------|---------------|
| Synthesis of results          | 9-10/182-197 | 3-4 (fig 3) |
| Risk of bias across studies   | 11-12/235-237 | 9 (fig 4) |
| Additional analysis           | 11/220-233 | 8 (Table 3) |
| DISCUSSION                    |           |               |
| Summary of evidence           | 13/270-273 | 3 |
| Limitations                   | 14-15/286-305 | 4 |
| Conclusions                   | 16/328-331 | 7 |
| FUNDING                       |           |               |
| Funding                       | 17/339-343 | Funding |

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*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.*
