### Supplementary Table 1. PRISMA 2020 checklist

| Section and topic          | Item # | Checklist item                                                                 | Location where item is reported (page) |
|---------------------------|--------|---------------------------------------------------------------------------------|---------------------------------------|
| **TITLE**                 |        |                                                                                 |                                       |
| Title                     | 1      | Identify the report as a systematic review.                                    | Title page                            |
| **ABSTRACT**              |        |                                                                                 |                                       |
| Abstract                  | 2      | See the PRISMA 2020 for Abstracts checklist.                                    | 1                                     |
| **INTRODUCTION**          |        |                                                                                 |                                       |
| Rationale                 | 3      | Describe the rationale for the review in the context of existing knowledge.      | 2                                     |
| Objectives                | 4      | Provide an explicit statement of the objective(s) or question(s) the review ad-  | 2                                     |
|                           |        | dresses.                                                                        |                                       |
| **METHODS**               |        |                                                                                 |                                       |
| Eligibility criteria      | 5      | Specify the inclusion and exclusion criteria for the review and how studies were | 4                                     |
|                           |        | grouped for the syntheses.                                                      |                                       |
| Information sources       | 6      | Specify all databases, registers, websites, organisations, reference lists and   | 3                                     |
|                           |        | other sources searched or consulted to identify studies. Specify the date when    |                                       |
|                           |        | each source was last searched or consulted.                                     |                                       |
| Search strategy           | 7      | Present the full search strategies for all databases, registers and websites,    | NA                                    |
|                           |        | including any filters and limits used.                                          |                                       |
| Selection process         | 8      | Specify the methods used to decide whether a study met the inclusion criteria of | 3                                     |
|                           |        | the review, including how many reviewers screened each record and each report    |                                       |
|                           |        | retrieved, whether they worked independently, and if applicable, details of      |                                       |
|                           |        | automation tools used in the process.                                           |                                       |
| Data collection process   | 9      | Specify the methods used to collect data from reports, including how many         | 4                                     |
|                           |        | reviewers collected data from each report, whether they worked independently,    |                                       |
|                           |        | any processes for obtaining or confirming data from study investigators, and if   |                                       |
|                           |        | applicable, details of automation tools used in the process.                    |                                       |
| Data items                | 10a    | List and define all outcomes for which data were sought. Specify whether all     | 4                                     |
|                           |        | results that were compatible with each outcome domain in each study were         |                                       |
|                           |        | sought (e.g. for all measures, time points, analyses), and if not, the methods   |                                       |
|                           |        | used to decide which results to collect.                                         |                                       |
|                           | 10b    | List and define all other variables for which data were sought (e.g. participant | 4                                     |
|                           |        | and intervention characteristics, funding sources). Describe any assumptions      |                                       |
|                           |        | made about any missing or unclear information.                                   |                                       |
| Study risk of bias        | 11     | Specify the methods used to assess risk of bias in the included studies, includ- | 4                                     |
| assessment               |        | ing details of the tool(s) used, how many reviewers assessed each study and      |                                       |
|                           |        | whether they worked independently, and if applicable, details of automation      |                                       |
|                           |        | tools used in the process.                                                      |                                       |
| Effect measures           | 12     | Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) | 5                                     |
|                           |        | used in the synthesis or presentation of results.                               |                                       |
| Synthesis methods         | 13a    | Describe the processes used to decide which studies were eligible for each       | 5                                     |
|                           |        | synthesis (e.g. tabulating the study intervention characteristics and comparing   |                                       |
|                           |        | against the planned groups for each synthesis (item #5)).                       |                                       |
|                           | 13b    | Describe any methods required to prepare the data for presentation or synthesis, | 6                                     |
|                           |        | such as handling of missing summary statistics, or data conversions.             |                                       |
|                           | 13c    | Describe any methods used to tabulate or visually display results of individual  | NA                                    |
|                           |        | studies and syntheses.                                                          |                                       |
|                           | 13d    | Describe any methods used to synthesize results and provide a rationale for the  | 7                                     |
|                           |        | choice(s). If meta-analysis was performed, describe the model(s), method(s) to   |                                       |
|                           |        | identify the presence and extent of statistical heterogeneity, and software       |                                       |
|                           |        | package(s) used.                                                                |                                       |

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**Supplementary Table 1. (Continued)**

| Section and topic                  | Item # | Checklist item                                                                 | Location where item is reported (page) |
|------------------------------------|--------|---------------------------------------------------------------------------------|----------------------------------------|
| Reporting bias assessment          | 13e    | Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression). | NA                                     |
|                                    | 13f    | Describe any sensitivity analyses conducted to assess robustness of the synthesized results. | NA                                     |
|                                    | 14     | Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases). | NA                                     |
|                                    | 15     | Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome. | NA                                     |
| RESULTS                            | 16a    | Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram. | 7, 8                                   |
|                                    | 16b    | Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded. | 7, 8, Fig. 1                           |
|                                    | 17     | Cite each included study and present its characteristics.                      | 8, Table 1                             |
|                                    | 18     | Present assessments of risk of bias for each included study.                  | 8                                      |
|                                    | 19     | For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots. | 9–11                                   |
|                                    | 20a    | For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies. | 9, 10                                  |
|                                    | 20b    | Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect. | 9, 10                                  |
|                                    | 20c    | Present results of all investigations of possible causes of heterogeneity among study results. | 13                                     |
|                                    | 20d    | Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results. | NA                                     |
|                                    | 21     | Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed. | NA                                     |
|                                    | 22     | Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed. | NA                                     |
| DISCUSSION                         | 23a    | Provide a general interpretation of the results in the context of other evidence. | 12                                     |
|                                    | 23b    | Discuss any limitations of the evidence included in the review.               | 13                                     |
|                                    | 23c    | Discuss any limitations of the review processes used.                         | 13                                     |
|                                    | 23d    | Discuss implications of the results for practice, policy, and future research. | 14                                     |
| OTHER INFORMATION                  | 24a    | Provide registration information for the review, including register name and registration number, or state that the review was not registered. | NA                                     |
|                                    | 24b    | Indicate where the review protocol can be accessed, or state that a protocol was not prepared. | NA                                     |
|                                    | 24c    | Describe and explain any amendments to information provided at registration or in the protocol. | NA                                     |

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**Supplementary Table 1.** (Continued)

| Section and topic                  | Item # | Checklist item                                                                 | Location where item is reported (page) |
|------------------------------------|--------|-------------------------------------------------------------------------------|----------------------------------------|
| Support                            | 25     | Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review. | Title page                            |
| Competing interests                | 26     | Declare any competing interests of review authors.                             | NA                                     |
| Availability of data, code and other materials | 27     | Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review. | NA                                     |

PRISMA = Preferred Reporting Items for Systematic Review and Meta-analysis; NA = not applicable.
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