## Supplementary Table S4. The results of intervention duration subgroup analysis

| Variable | No. of Trials | No. of T | No. of C | SMD (95% CI) | $\hat{I}^2$ (%) | $P$ |
|----------|---------------|----------|----------|--------------|-----------------|-----|
| **Effectiveness** | | | | | | |
| 2w | 2 | 89 | 89 | 3.97 [1.39, 11.32] | 0 | 0.01 |
| 4w | 3 | 198 | 198 | 6.12 [2.03, 18.50] | 55 | 0.001 |
| 6w | 3 | 123 | 117 | 3.18 [1.69, 5.95] | 0 | 0.0003 |
| 8w | 3 | 80 | 78 | 3.32 [1.46, 7.53] | 0 | 0.004 |
| 12w | 1 | 25 | 25 | 11.29 [1.29, 98.89] | NA | 0.03 |
| 20w | 1 | 65 | 65 | 3.60 [1.22, 10.60] | NA | 0.02 |
| 24w | 4 | 116 | 111 | 5.22 [1.65, 16.59] | 0 | 0.005 |
| **TCMSS** | | | | | | |
| 6w | 2 | 92 | 88 | -3.47 [-4.88, -2.06] | 0 | < 0.00001 |
| 8w | 2 | 50 | 48 | -3.25 [-4.97, -1.52] | 0 | 0.0002 |
| 12w | 1 | 60 | 60 | -1.10 [-1.78, -0.42] | NA | 0.002 |
| 20w | 1 | 65 | 65 | -5.04 [-6.38, -3.70] | NA | < 0.00001 |
| 24w | 2 | 60 | 60 | -3.28 [-6.07, -0.49] | 82 | 0.02 |
| **LVEDD** | | | | | | |
| 2w | 2 | 76 | 74 | -4.59 [-5.33, -3.86] | 0 | < 0.00001 |
| 3w | 1 | 27 | 23 | -2.10 [-4.23, 0.03] | NA | 0.05 |
| 4w | 4 | 191 | 188 | -3.59 [-6.38, -0.80] | 96 | 0.01 |
| 6w | 3 | 95 | 94 | -6.17 [-12.71, 0.36] | 96 | 0.06 |
| 8w | 5 | 192 | 191 | -2.16 [-2.99, -1.32] | 2 | < 0.00001 |
| 12w | 4 | 260 | 260 | 0.72 [3.62, 5.06] | 96 | 0.74 |
| 16w | 1 | 70 | 70 | 0.00 [-0.84, 0.84] | NA | 1.00 |
| 20w | 1 | 30 | 30 | -3.90 [-5.71, -2.09] | NA | < 0.00001 |
| 24w | 3 | 88 | 88 | -2.40 [-4.30, -0.51] | 4 | 0.01 |
| **LVESD** | | | | | | |
| 2w | 2 | 70 | 69 | -3.66 [-5.97, -1.36] | 76 | 0.002 |
| 4w | 1 | 40 | 40 | -2.70 [-5.94, 0.54] | NA | 0.1 |
| 8w | 3 | 150 | 150 | -2.11 [-4.67, 0.45] | 86 | 0.11 |
| 12w | 3 | 100 | 100 | -2.24 [-8.26, 3.77] | 95 | 0.46 |
| 24w | 2 | 51 | 50 | 1.57 [-5.44, 8.58] | 90 | 0.66 |
| **LVEDV** | | | | | | |
| 2w | 2 | 94 | 94 | -17.08 [-22.77, -11.38] | 0 | < 0.00001 |
| 3w | 1 | 27 | 23 | -2.20 [-8.84, 4.44] | NA | 0.52 |
| 4w | 3 | 148 | 148 | -2.57 [-20.78, 15.65] | 98 | 0.78 |
| 6w | 3 | 138 | 132 | -7.89 [-13.21, -2.57] | 0 | 0.004 |
| 8w | 1 | 45 | 45 | 0.00 [-3.68, 3.68] | NA | 1.00 |
| 12w | 1 | 34 | 34 | -10.61 [-17.44, -3.78] | NA | 0.002 |
| 20w | 1 | 65 | 65 | -11.70 [-20.77, -2.63] | NA | 0.01 |
| 24w | 3 | 114 | 108 | -14.73 [-34.50, 5.04] | 89 | 0.14 |
| **LVESV** | | | | | | |
| 2w | 2 | 94 | 94 | -16.94 [-28.28, -5.59] | 87 | 0.003 |
| 3w | 1 | 27 | 23 | -3.10 [-8.68, 2.48] | NA | 0.28 |
|     |      |     |      |     |      |      |      |
|-----|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     |     |     |
| 4w  | 3   | 148 | 148 | -1.71 [-10.98, 7.56] | 97  | 0.72 |
| 6w  | 3   | 138 | 132 | -9.70 [-12.24, -7.16] | 0   | < 0.00001 |
| 8w  | 1   | 45  | 45  | 0.00 [-1.78, 1.78] | NA  | 1.00 |
| 12w | 1   | 34  | 34  | -4.39 [-6.34, -2.44] | NA  | < 0.00001 |
| 20w | 1   | 65  | 65  | -3.05 [-4.31, -1.79] | NA  | < 0.00001 |
| 24w | 1   | 30  | 30  | -6.02 [-16.34, 4.30] | NA  | 0.25 |

LVEDVi

|     |      |     |      |     |      |      |      |
|-----|-----|-----|-----|-----|-----|-----|-----|
| 4w  | 2   | 100 | 100 | -4.30 [-7.33, -1.27] | 0   | 0.005 |
| 6w  | 2   | 71  | 65  | 0.37 [-2.69, 3.42] | 87  | 0.81 |
| 12w | 3   | 132 | 131 | -6.53 [-7.54, -5.52] | 22  | < 0.00001 |
| 24w | 4   | 310 | 309 | -3.90 [-5.06, -2.74] | 94  | < 0.00001 |

LVESVi

|     |      |     |      |     |      |      |      |
|-----|-----|-----|-----|-----|-----|-----|-----|
| 4w  | 2   | 100 | 100 | -2.66 [-4.60, -0.72] | 0   | 0.007 |
| 6w  | 2   | 71  | 65  | -3.17 [-12.58, 6.23] | 94  | 0.51 |
| 12w | 3   | 132 | 131 | -4.25 [-6.56, -1.95] | 89  | 0.0003 |
| 24w | 4   | 310 | 309 | -4.22 [-10.11, 1.67] | 94  | 0.16 |

LVEF

|     |      |     |      |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|
| 2w  | 3   | 134 | 134 | 6.00 [0.84, 11.17] | 94  | 0.02 |
| 3w  | 1   | 27  | 23  | 1.40 [-1.51, 4.31] | NA  | 0.35 |
| 4w  | 7   | 445 | 442 | 5.29 [3.43, 7.16] | 80  | < 0.00001 |
| 6w  | 5   | 193 | 183 | 5.29 [4.70, 5.88] | 0   | < 0.00001 |
| 8w  | 5   | 170 | 168 | 5.75 [1.23, 10.27] | 94  | 0.01 |
| 12w | 9   | 317 | 309 | 4.90 [3.12, 6.68] | 71  | < 0.00001 |
| 20w | 1   | 65  | 65  | 18.43 [14.42, 22.44] | NA  | < 0.00001 |
| 24w | 8   | 448 | 446 | 3.82 [1.55, 6.10] | 71  | 0.001 |

Note: T, TCM group; C, Control group; SMD, standardized mean difference; NA, Not applicable; TCMSS, traditional Chinese medicine syndrome score; LVEDD, left ventricular end-diastolic diameter; LVESD, left ventricular end-systolic diameter; LVEDV, left ventricular end-diastolic volume; LVESV, left ventricular end-systolic volume; LVEDVi, left ventricular end-diastolic volume index; LVESVi, left ventricular end-systolic volume index; LVEF, left ventricular ejection fraction.