| Section and Topic | Item # | Checklist item                                                                 | Reported (Yes/No) |
|-------------------|--------|---------------------------------------------------------------------------------|------------------|
| TITLE             |        |                                                                                 |                  |
| Title             | 1      | Identify the report as a systematic review.                                    | Yes              |
| BACKGROUND        |        |                                                                                 |                  |
| Objectives        | 2      | Provide an explicit statement of the main objective(s) or question(s) the review addresses. | Yes              |
| METHODS           |        |                                                                                 |                  |
| Eligibility criteria | 3 | Specify the inclusion and exclusion criteria for the review.                  | Yes              |
| Information sources | 4 | Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched. | Yes              |
| Risk of bias      | 5      | Specify the methods used to assess risk of bias in the included studies.       | Yes              |
| Synthesis of results | 6 | Specify the methods used to present and synthesise results.                  | Yes              |
| RESULTS           |        |                                                                                 |                  |
| Included studies  | 7      | Give the total number of included studies and participants and summarise relevant characteristics of studies. | Yes              |
| Synthesis of results | 8 | Present results for main outcomes, preferably indicating the number of included studies and participants for each. If meta-analysis was done, report the summary estimate and confidence/credible interval. If comparing groups, indicate the direction of the effect (i.e. which group is favoured). | Yes              |
| DISCUSSION        |        |                                                                                 |                  |
| Limitations of evidence | 9 | Provide a brief summary of the limitations of the evidence included in the review (e.g. study risk of bias, inconsistency and imprecision). | Yes              |
| Interpretation    | 10     | Provide a general interpretation of the results and important implications.     | Yes              |
| OTHER             |        |                                                                                 |                  |
| Funding           | 11     | Specify the primary source of funding for the review.                         | Yes              |
| Registration      | 12     | Provide the register name and registration number.                             | No               |

*From: Page et al., 2021.*