| 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.                                    | page 1, line 4                      | Title                        |
| **ABSTRACT** |         |                                                                                 |                                     |                              |
| Abstract     | 2       | See the PRISMA 2020 for Abstracts checklist (Table 2).                          | See Table 2                         |                              |
| **INTRODUCTION** |       |                                                                                 |                                     |                              |
| Rationale    | 3       | Describe the rationale for the review in the context of existing knowledge.     | pages 4-5, lines 75-116             | Introduction/Parag. 1-2      |
| Objectives   | 4       | Provide an explicit statement of the objective(s) or question(s) the review addresses. | page 5, lines 117-124              | Introduction/Parag. 3        |
| **METHODS**  |         |                                                                                 |                                     |                              |
| Eligibility criteria | 5       | Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses. | page 6, lines 135-139             | Methods/Parag. 1              |
| Information sources | 6       | Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted. | page 6, lines 129-130             | Methods/Parag. 1              |
| Search strategy | 7       | Present the full search strategies for all databases, registers and websites, including any filters and limits used. | page 6, lines 131-133             | Methods/Parag. 1              |
| Selection process | 8       | Specify the methods used to decide whether a study met the inclusion criteria of 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. | page 6, lines 140-143             | Methods/Parag. 1              |
| Data collection process | 9       | Specify the methods used to collect data from reports, including how many 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. | page 6, lines 140-146             | Methods/Parag. 1              |
| Data items   | 10a     | List and define all outcomes for which data were sought. Specify whether all 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. | page 6, lines 144-145             | Methods/Parag. 1              |
|              | 10b     | List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information. | Not applicable: no other variables were considered (apart from the ones | Methods/Parag. 1              |
| Study risk of bias assessment | 11 | Specify the methods used to assess risk of bias in the included studies, including 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. | page 6, lines 147-151 | Methods/Parag. 1 |
| Effect measures | 12 | Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results. | Not applicable: we did not assess effect measures | Methods/Parag. 1 |
| Synthesis methods | 13a | Describe the processes used to decide which studies were eligible for each synthesis. | Not applicable: all the studies were included | |
| | 13b | Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions. | Not applicable: we did not use any specific methods to synthesize the data | |
| | 13c | Describe any methods used to tabulate or visually display results of individual studies and syntheses. | page 6, line 146 | Methods/Parag. 1 |
| | 13d | Describe any methods used to synthesize results and provide a rationale for the 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. | Not applicable: we did not use any specific methods to synthesize results (our study is a systematic review) | |
| | 13e | Describe any methods used to explore possible causes of heterogeneity among study results. | Not applicable: we did not use any specific methods | |
| | 13f | Describe any sensitivity analyses conducted to assess robustness of the synthesized results. | Not applicable: we did not conduct any sensitivity analyses | |
| Reporting bias assessment | 14 | Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases). | Not applicable: we did not assess risk of bias due to missing results in the synthesis | |
| Certainty assessment | 15 | Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome. | Not applicable: no methods were used to assess certainty in the outcome | |
| RESULTS | Study selection | 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. | page 7, lines 153-157 | Results/Parag. 1, Figure 1 |
| | 16b | Cite studies that met many but not all inclusion criteria (‘near-misses’) and explain why they were excluded. | Not applicable: we did not conduct any near-misses | |
| Study characteristics | 17 | Cite each included study and present its characteristics. | pages 7-10, lines 163-249 | Results/Parag. 2, Table 1 |
| Risk of bias in studies | 18 | Present assessments of risk of bias for each included study. | page 7, line 158 | Results/Parag. 1, Figure 2 |
| Results of individual studies | 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. | Not applicable: no effect estimate was performed (our study is a systematic review) |
| Results of syntheses | 20a | For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies. | pages 7-10 | Results/Parag. 2 |
|----------------------|-----|--------------------------------------------------------------------------------------------------|-----------|-----------------|
|                      | 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. | Not applicable: our study is a systematic review and NOT a meta-analysis |
|                      | 20c | Present results of all investigations of possible causes of heterogeneity among study results. | Not applicable: no investigations of possible causes |
|                      | 20d | Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results. | Not applicable: no sensitivity analyses |
| Reporting biases     | 21  | Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed. | Not applicable: no assessments of risk of bias due to missing reports |
| Certainty of evidence| 22  | Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed. | Not applicable: no assessments of certainty were performed (our study was a systematic review) |
| DISCUSSION           | 23a | Provide a general interpretation of the results in the context of other evidence. | page 11, lines 268-273 | Discussion/Parag. 1 |
|                      | 23b | Discuss any limitations of the evidence included in the review. | page 12-13, lines 309-313 | Discussion/Parag. 1 |
|                      | 23c | Discuss any limitations of the review processes used. | page 14, lines 383-388 | Discussion/Parag. 2 |
|                      | 23d | Discuss implications of the results for practice, policy, and future research. | page 15, lines 389-400 | Conclusions/Parag. 1 |
| OTHER INFORMATION    | 24a | Provide registration information for the review, including register name and registration number, or state that the review was not registered. | page 6, lines 127-128 | Methods/Parag. 1 |
|                      | 24b | Indicate where the review protocol can be accessed, or state that a protocol was not prepared. | page 6, lines 128-129 | Methods/Parag. 1 |
|                      | 24c | Describe and explain any amendments to information provided at registration or in the protocol. | Not applicable: no amendments to information |
| Support              | 25  | Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review. | page 16, lines 407-415 | Conflict of interest/Parag. 1 |
| Competing interests  | 26  | Declare any competing interests of review authors. | page 16, lines 408-416 | Conflict of interest/Parag. 1 |
| 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. | Not applicable: currently the requested data are not publicly available |
| 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. | page 1, lines 1-2 | Title |
| BACKGROUND   |         |                |                                    |                             |
| Objectives   | 2       | Provide an explicit statement of the main objective(s) or question(s) the review addresses. | page 2, lines 37-38 | Abstract |
| METHODS      |         |                |                                    |                             |
| Eligibility criteria | 3      | Specify the inclusion and exclusion criteria for the review. | page 2, lines 40-43 | Abstract |
| Information sources | 4    | Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched. | page 2, lines 40-42 | Abstract |
| Risk of bias | 5       | Specify the methods used to assess risk of bias in the included studies. | page 2, lines 43-44 | Abstract |
| Synthesis of results | 6 | Specify the methods used to present and synthesize results. | Not applicable |     |
| RESULTS      |         |                |                                    |                             |
| Included studies | 7      | Give the total number of included studies and participants and summarise relevant characteristics of studies. | page 2, lines 45-46 | Abstract |
| 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). | page 2, lines 49-52 | Abstract |
| 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). | page 2, lines 46-48 | Abstract |
| Interpretation | 10     | Provide a general interpretation of the results and important implications. | page 2, lines 53-55 | Abstract |
| OTHER        |         |                |                                    |                             |
| Funding      | 11      | Specify the primary source of funding for the review. | Not applicable: there was no funding. |                             |
| Registration | 12      | Provide the register name and registration number. | page 2, line 40 | Abstract |
