| 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.                                                                                                                                                                                                            | Page1/line1-2                      | Title/Para1                  |
| **ABSTRACT**  |         |                                                                                                                                                                                                                                                                                                                                            |                                    |                             |
| Structured summary | 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. | Page3/line1-19 and Page4/line1-4  | Abstract/Para1-4             |
| **INTRODUCTION** |         |                                                                                                                                                                                                                                                                                                                                            |                                    |                             |
| Rationale     | 3       | Describe the rationale for the review in the context of what is already known.                                                                                                                                                                                             | Page4/line 8-18                    | Introduction/Para1-3         |
| Objectives    | 4       | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).                                                                                                                                   | Page5/line17-20                    | Introduction/Para3          |
| **METHODS**   |         |                                                                                                                                                                                                                                                                                                                                            |                                    |                             |
| Protocol and registration | 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 This review wasn't registered. | N/A                         |
| Eligibility criteria | 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.                                                                                                           | Page6/line14-18 and Page7/line1-20 | Inclusion and Exclusion Criteria/Para1-2 |
| Information sources | 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.                                                                                                                  | Page6/line4-7                      | Data Sources and Search Strategy/Para1 |
| Search        | 8       | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.                                                                                                                                               | Page6/line7-12                     | Data Sources and Search Strategy/Para1 |
| 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).                                                                                                                                               | Page7/line18-20                    | Inclusion and Exclusion Criteria/Para2 |
| Data collection process | 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.                                                                                                         | Page8/line2-6                      | Data Extraction and Risk-of-Bias |
| Data items    | 11      | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.                                                                                                                                   | Page8/line2-6                      | Data Extraction and Risk-of-Bias |
| Risk of bias in individual studies | 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. | Page8/line6-8 | Data Extraction and Risk-of-Bias Assessment/Para1 |
|----------------------------------|----|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-----------------------------------------------|
| Summary measures                 | 13 | State the principal summary measures (e.g., risk ratio, difference in means).                                                                 | Page8/line14-17 | Statistical Analysis/Para1                    |
| Synthesis of results             | 14 | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I²) for each meta-analysis. | Page8/line17-19 | Statistical Analysis/Para1                    |
| 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).         | Page8/line9-12 | Data Extraction and Risk-of-Bias Assessment/Para1 |
| Additional analyses              | 16 | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.      | Page9/line1-6 | Statistical Analysis/Para1                    |

**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. | Page9/line9-13 and Figure 1 | Included studies/Para1 |
|---------------------------------|----|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|------------------------|
| 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. | Page9/line15-17 and Table 1 | Study Characteristics/Para1 |
| 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).                               | Page10/line2-9 and Figure 2 | Risk-of-Bias Assessment/Para1 |
| 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. | Figure 3-6 | Meta-Analysis Results/Para1-5 |
| Synthesis of results            | 21 | Present results of each meta-analysis done, including confidence intervals and measures of consistency.                               | Page10-12 | Meta-Analysis Results/Para1-5 |
| Risk of bias across studies     | 22 | Present results of any assessment of risk of bias across studies (see Item 15).                                                      | Page13/line6-15 | Publication Bias/Para1 |
| Additional analysis             | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).                    | Page12/line7-19 and | Sensitivity Analysis |

**DISCUSSION**

| Summary of evidence             | 24 | Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers). | Page13/line17-19, Page14, and Discussion/Para1-3 |
| Limitations                     | 25 | Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias). | Page15/line13-20 and Page16/line1-3 | Discussion/Para4 |
| Conclusions                     | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research.               | Page16/line5-19 and Conclusions/Para1-2 |
| Funding  | 27  | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. | Page17/line13-14 | Funding Support |

From: Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(7): e1000097. doi:10.1371/journal.pmed1000097

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Article information: http://dx.doi.org/10.21037/tp-20-178.
*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.