| 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.             | Page 1, line 1                      | Title page                   |
| ABSTRACT      |         |                                                                                  |                                     |                              |
| Structured    | 2       | Provide a structured summary including, as applicable: background; objectives;   | Page 3, line 1-14                   | Abstract                     |
| summary       |         | 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.            |                                     |                              |
| INTRODUCTION  |         |                                                                                  |                                     |                              |
| Rationale     | 3       | Describe the rationale for the review in the context of what is already known.  | Page 3 line 19-Line 5 line          | Introduction                 |
| Objectives    | 4       | Provide an explicit statement of questions being addressed with reference to    | Page 5 line 15-16                   | Introduction                 |
|               |         | participants, interventions, comparisons, outcomes, and study design (PICOS).    |                                     |                              |
| METHODS       |         |                                                                                  |                                     |                              |
| Protocol and  | 5       | Indicate if a review protocol exists, if and where it can be accessed (e.g.,    | N/A: not specified                  | N/A: not specified in any    |
| registration  |         | Web address), and, if available, provide registration information including      |                                     | section                      |
|               |         | registration number.                                                            |                                     |                              |
| Eligibility   | 6       | Specify study characteristics (e.g., PICOS, length of follow-up) and report     | N/A: not specified                  | N/A: not specified in any    |
| criteria      |         | characteristics (e.g., years considered, language, publication status) used as |                                     | section                      |
|               |         | criteria for eligibility, giving rationale.                                     |                                     |                              |
| Information   | 7       | Describe all information sources (e.g., databases with dates of coverage,       | Page 5 line 19-20                   | Method                       |
| sources       |         | contact with study authors to identify additional studies) in the search and    |                                     |                              |
|               |         | date last searched.                                                             |                                     |                              |
| Search        | 8       | Present full electronic search strategy for at least one database, including     | Page 5 line 20-22                   | Method                       |
|               |         | any limits used, such that it could be repeated.                                |                                     |                              |
| Study selection| 9      | State the process for selecting studies (i.e., screening, eligibility, included | N/A: not specified                  | N/A: not specified in any    |
|               |         | in systematic review, and, if applicable, included in the meta-analysis).       |                                     | section                      |
| Data collection| 10     | Describe method of data extraction from reports (e.g., piloted forms,          | Page 5 line 19-22                   | Method                       |
| process       |         | independently, in duplicate) and any processes for obtaining and confirming     |                                     |                              |
|               |         | data from investigators.                                                        |                                     |                              |
| Data items    | 11      | List and define all variables for which data were sought (e.g., PICOS,         | N/A: not specified                  | N/A: not specified in any    |
|               |         | funding sources) and any assumptions and simplifications made.                  |                                     | section                      |
| Item       | Description                                                                                                                                                                                                 | N/A: not specified in the full manuscript | Any section is applicable |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|---------------------------|
| Risk of bias in individual studies | 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. | N/A: not specified | N/A: not specified in any section |
| Summary measures | State the principal summary measures (e.g., risk ratio, difference in means).                                                                                                                                  | N/A: not specified | N/A: not specified in any section |
| Synthesis of results | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I²) for each meta-analysis.                                                            | N/A: not specified | N/A: not specified in any section |
| Risk of bias across studies | Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).                                                                       | N/A: not specified | N/A: not specified in any section |
| Additional analyses | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.                                                                     | N/A: not specified | N/A: not specified in any section |

**RESULTS**

| Item       | Description                                                                                                                                                                                                 | N/A: not specified | Any section is applicable |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------|
| Study selection | 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.                                                  | N/A: not specified | N/A: not specified in any section |
| Study characteristics | For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.                                                                  | Table 1           | Table 1                  |
| Risk of bias within studies | Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).                                                                                                       | N/A: not specified | N/A: not specified in any section |
| Results of individual studies | 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.                     | Page 6 line 1- Page 25 line 2 | Any section is applicable |
| Synthesis of results | Present results of each meta-analysis done, including confidence intervals and measures of consistency.                                                                                                         | N/A: not specified | N/A: not specified in any section |
| Risk of bias across studies | Present results of any assessment of risk of bias across studies (see Item 15).                                                                                                                            | N/A: not specified | N/A: not specified in any section |
| Additional analysis | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).                                                                                          | N/A: not specified | N/A: not specified in any section |

**DISCUSSION**

| Item       | Description                                                                                                                                                                                                 | Page 6 line 1- Page 25 line 2 | Any section is applicable |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|---------------------------|
| Summary of evidence | 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).                                      |                               |                           |
| Limitations | 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).                                                          | N/A: not specified            | N/A: not specified in any section |
| Conclusions | Provide a general interpretation of the results in the context of other evidence, and implications for future research.                                                                                         | Page 25 line 5- Page 26      | conclusion                |
| 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. |
|-------------------------------------|----|-------------------------------------------------------------------------------------------------------------------------------|

**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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*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.*