

Supplementary Material 2. PRISMA 2020 checklist

| Section and topic | Item # | Checklist item | Location where item is reported |
|--|--------|--|---|
| Title | | | |
| Title | 1 | Identify the report as a systematic review. | Page 1 |
| Abstract | | | |
| Abstract | 2 | See the PRISMA 2020 for Abstracts checklist. | Page 1 |
| Introduction | | | |
| Rationale | 3 | Describe the rationale for the review in the context of existing knowledge. | Page 4, first paragraph |
| Objectives | 4 | Provide an explicit statement of the objective(s) or question(s) the review addresses. | Page 4, the last paragraph of the introduction |
| Methods | | | |
| Eligibility criteria | 5 | Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses. | Page 5, Eligibility Criteria section. |
| 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 5, Information Sources and Search Strategy sections. |
| Search strategy | 7 | Present the full search strategies for all databases, registers and websites, including any filters and limits used. | Page 5, Search Strategy section. |
| 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 5–6, Selection Process and Data Collection section. |
| 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 5–6, Selection Process and Data Collection section. |
| Data items | 10a | 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 5–6, Selection Process and Data Collection section. |
| | 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. | NA |
| 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, Study Risk of Bias Assessment section. |
| 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. | Page 6–7, Synthesis Methods section |
| Reporting biases | 21 | Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed. | NA |
| Certainty of evidence | 22 | Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed. | Page 8, Synthesis methods |
| Discussion | | | |
| Discussion | 23a | Provide a general interpretation of the results in the context of other evidence. | Pages 10, paragraph 1–2 |
| | 23b | Discuss any limitations of the evidence included in the review. | NA |
| | 23c | Discuss any limitations of the review processes used. | Page 13, second paragraph |
| | 23d | Discuss implications of the results for practice, policy, and future research. | Page 13, second paragraph |
| Other information | | | |
| Registration and protocol | 24a | Provide registration information for the review, including register name and registration number, or state that the review was not registered. | Page 4, first paragraph of Methods |
| | 24b | Indicate where the review protocol can be accessed, or state that a protocol was not prepared. | Page 4, first paragraph of Methods |
| | 24c | Describe and explain any amendments to information provided at registration or in the protocol. | Page 4, first paragraph of Methods |
| Support | 25 | Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review. | NA |
| Competing interests | 26 | Declare any competing interests of review authors. | NA |
| 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. | Data availability statement |

Adapted from Page et al. *BMJ* 2021;372:n71, according to the Creative Commons license [11]. PRISMA, Preferred Reporting Items for Systematic Reviews and Meta-Analyses.

For more information, visit: <http://www.prisma-statement.org/>