| **Section and Topic**  | **Item #** | **Checklist item**  | **Location where item is reported**  |
| --- | --- | --- | --- |
| **TITLE**  |  |
| Title  | 1 | Identify the report as a systematic review. | Page 2 Line16-19 |
| **ABSTRACT**  |  |
| Abstract  | 2 | See the PRISMA 2020 for Abstracts checklist. | Page 2-3Line 21-42 |
| **INTRODUCTION**  |  |
| Rationale  | 3 | Describe the rationale for the review in the context of existing knowledge. | Page 4-6Line 45-86 |
| Objectives  | 4 | Provide an explicit statement of the objective(s) or question(s) the review addresses. | Page 6Line 75-90 |
| **METHODS**  |  |
| Eligibility criteria  | 5 | Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses. | Page 7Line 105-116 |
| 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 6Line 98-100 |
| Search strategy | 7 | Present the full search strategies for all databases, registers and websites, including any filters and limits used. | Supplementary Material eTable 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 6Line 100-104 and figure1 |
| 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 7-8Line 121-126 |
| 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,a time points, analyses), and if not, the methods used to decide which results to collect. | Page 7-8Line 121-126Supplementary eTable 6 |
| 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. | Page 7-8Line 121-126Supplementary eTable 6 |
| 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 8Line 127-135 |
| 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 8Line 134-135 |
| Synthesis methods | 13a | Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)). | Page 12Line 208-227 |
| 13b | Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions. | Page 9Line 156-164 |
| 13c | Describe any methods used to tabulate or visually display results of individual studies and syntheses. | Page 8,10-11Line 137-144,189-169,187-193 |
| 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. | Page 8Line 134-141, |
| 13e | Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression). | Page 10Line 169-170 |
| 13f | Describe any sensitivity analyses conducted to assess robustness of the synthesized results. | Page 10Line 168-169 |
| Reporting bias assessment | 14 | Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases). | Page 11Line 190-193 |
| Certainty assessment | 15 | Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome. | NA |
| **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 11Line 190-206Figure 1 |
| 16b | Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded. | NA |
| Study characteristics  | 17 | Cite each included study and present its characteristics. | Page 11Line 190-206Supplementary Material eTable 6 |
| Risk of bias in studies  | 18 | Present assessments of risk of bias for each included study. | Page 13Line 229-244Supplementary etable2 efigure 1 |
| 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. | Page 13-17figure 2 and 3 Supplementary Material  |
| Results of syntheses | 20a | For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies. | Supplementary MaterialeTable 6Figure2 an3 |
| 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. | Page 13-17Figure 2 and 3  |
| 20c | Present results of all investigations of possible causes of heterogeneity among study results. | Page 15Line 272-278 |
| 20d | Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results. | Page 15Line 271-272 |
| Reporting biases | 21 | Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed. | Page 13Line 239-240SupplementaryeFigure1 |
| Certainty of evidence  | 22 | Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed. | NA |
| **DISCUSSION**  |  |
| Discussion  | 23a | Provide a general interpretation of the results in the context of other evidence. | Page 17-18Line 314-334 |
| 23b | Discuss any limitations of the evidence included in the review. | Page 22Line 411-417 |
| 23c | Discuss any limitations of the review processes used. | Page 22Line 417-426 |
| 23d | Discuss implications of the results for practice, policy, and future research. | Page 20-21Line 385-401 |
| **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 6Line 92 |
| 24b | Indicate where the review protocol can be accessed, or state that a protocol was not prepared. | Page 6Line 92 |
| 24c | Describe and explain any amendments to information provided at registration or in the protocol. | Page 6Line 92 |
| 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 1 |
| Competing interests | 26 | Declare any competing interests of review authors. | Page 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. | Supplementary Material eTable6 |