|  |
| --- |
| **Table S3** Results of the risk of bias assessment. |
| Author (years) | D1 | D2 | D3 | D4 | D5 | D6 | D7 | D8 |
| Mascherini et al. (2017) | L | L | L | L | L | L | L | L |
| Baker et al. (2020) | H | U | L | L | L | L | L | L |
| Hedt et al. (2022) | L | U | U | L | L | L | L | L |
| Schons et al. (2022) | L | U | L | L | L | L | L | L |
| Tornero-Aguilera et al. (2022) | L | U | L | L | L | L | L | L |
| Toro-Román et al. (2023a) | H | L | L | L | L | L | L | L |
| Ahmad et al. (2024) | L | U | U | L | L | L | L | L |
| Petri et al. (2024a) | L | U | L | L | L | L | L | L |
| Petri et al. (2024b) | L | U | U | L | L | L | L | L |
| Ichinose et al. (1998) | L | U | U | L | L | L | L | L |
| Kanehisa et al. (2003) | L | U | U | L | L | L | L | L |
| Hewett et al. (2006) | L | U | U | L | L | L | L | L |
| Hart et al. (2007) | L | U | U | L | L | L | L | L |
| Brophy et al. (2009) | L | U | U | L | L | L | L | L |
| Zebis et al. (2011) | L | U | U | L | L | L | L | L |
| Burfeind et al. (2012) | L | U | U | L | L | L | L | L |
| Yilmaz et al. (2023) | L | U | L | L | L | L | L | L |
| Steding et al. (2010) | L | U | L | L | L | L | L | L |
| Chamera et al. (2014) | H | U | U | L | L | L | L | L |
| Souglis et al. (2015) | L | U | L | L | L | L | L | L |
| Chamera et al. (2015) | L | U | U | L | L | L | L | L |
| Kostrzewa-Nowak et al. (2015) | L | U | L | L | L | L | L | L |
| Dent et al. (2015) | L | U | U | L | L | L | L | L |
| Sanders et al. (2017) | L | U | U | L | L | L | L | L |
| Souglis et al. (2018) | L | U | L | L | L | L | L | L |
| Sansonio de Morais et al. (2018) | L | U | U | L | L | L | L | L |
| Mascherini et al. (2018) | L | U | L | L | L | L | L | L |
| Magal et al. (2020) | L | U | U | L | L | L | L | L |
| Rodas et al. (2022) | L | U | L | H | L | L | H | L |
| McFadden et al. (2024) | L | U | L | L | L | L | L | L |
| Mujika et al. (2009) | L | U | L | L | L | L | L | L |
| Baumgart et al. (2014) | H | U | L | L | L | L | L | L |
| Suchomel et al. (2015) | L | U | U | L | L | L | L | L |
| McFarland et al. (2016) | L | U | U | L | L | L | L | L |
| Suchomel et al. (2016) | L | U | U | L | L | L | L | L |
| Condello et al. (2016) | L | U | U | L | L | L | L | L |
| Nagano et al. (2016) | L | U | U | L | L | L | L | L |
| Cardoso de Araujo et al. (2018) | H | U | U | L | L | L | H | L |
| Baumgart et al. (2018) | L | U | U | L | L | L | L | L |
| Cardoso de Araujo et al. (2019) | H | U | L | L | L | L | L | L |
| Devismes et al. (2019) | L | U | U | L | L | L | L | L |
| Dolci et al. (2021) | L | U | L | L | L | L | L | L |
| Makaraci et al. (2024) | L | U | L | L | L | L | L | L |
| Putukian et al. (2000) | L | U | U | L | L | L | H | L |

**Table S3** (Continued)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Author (years) | D1 | D2 | D3 | D4 | D5 | D6 | D7 | D8 |
| Barfield et al. (2002) | L | U | U | L | L | L | L | L |
| Orloff et al. (2008) | L | U | U | L | L | L | L | L |
| Gheidi et al. (2010) | L | U | U | L | L | L | L | L |
| Sakamoto et al. (2013) | L | U | U | L | L | L | L | L |
| Bretzin et al. (2016) | L | U | U | L | L | L | L | L |
| Reynolds et al. (2017) | L | U | U | L | L | L | L | L |
| Saunders et al. (2020) | L | U | U | L | L | L | L | L |
| Nelson et al. (2020) | L | U | U | L | L | L | L | L |
| Langdon et al. (2022) | L | U | U | L | L | L | L | L |
| Navandar et al. (2022) | H | U | U | L | L | L | L | L |
| Iitake et al. (2022) | L | U | U | L | L | L | L | L |
| Jackson et al. (2023) | L | U | U | L | L | L | L | L |
| Peek et al. (2024) | L | U | U | L | L | L | L | L |
| Siegle et al. (2012) | L | U | U | L | L | L | L | L |
| Bradley et al. (2014) | L | U | U | L | L | L | L | L |
| Jastrzębski et al. (2017) | H | U | U | L | L | L | L | L |
| McFadden et al. (2020) | L | U | L | L | L | L | L | L |
| Pappalardo et al. (2021) | L | U | U | L | L | L | L | L |
| Coulomb-Cabagno et al. (2006) | L | U | U | L | L | L | L | L |
| Adegbesan (2007) | L | U | U | L | L | L | L | L |
| López-Gajardo et al. (2021) | H | U | L | L | L | L | L | L |
| De la Vega et al. (2022) | H | U | L | L | L | L | L | L |
| Avugos et al. (2022) | H | U | L | L | L | L | L | L |
| Jin et al. (2023) | L | U | U | L | L | L | L | L |
| Bonet et al. (2024) | L | U | U | L | L | L | L | L |
| Ros et al. (2013) | L | U | L | L | L | L | L | L |
| Koikawa et al. (2016) | L | U | U | L | L | L | L | L |
| Gomez-Hixson et al. (2020) | L | U | L | L | L | L | L | L |
| Biggins et al. (2022) | L | U | U | L | L | L | L | L |
| Toro-Román et al. (2022) | H | L | L | L | L | L | L | L |
| Kwon et al. (2023) | L | U | L | L | L | L | L | L |
| Robles-Gil et al. (2023) | H | L | L | L | L | L | L | L |
| Toro-Román et al. (2023b) | H | L | L | L | L | L | L | L |
| Toro-Román et al. (2023c) | H | L | L | L | L | L | L | L |
| Sebastia-Rico et al. (2024) | H | L | L | L | L | L | L | L |
| Toro-Román et al. (2024) | H | L | L | L | L | L | L | L |
| **Abbreviations:** D1, comparability of the target group; D2, target group selection; D3, confounders; D4, measurement of intervention/exposure; D5, blinding of assessors; D6, outcome assessment; D7, incomplete outcome data; D8, selective outcome reporting; L, low risk of bias; U, unclear risk of bias; H, high risk of bias. |

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