| **Section and Topic**  | **Item #** | **Checklist item**  | **Location where item is reported**  |
| --- | --- | --- | --- |
| **TITLE**  |  |
| Title  | 1 | The report is a systematic review. | 1 |
| **ABSTRACT**  |  |
| Abstract  | 2 | The abstract includes a structured format with background, objectives, and key results. | 1 |
| **INTRODUCTION**  |  |
| Rationale  | 3 | Described in the introduction. | 1, 2 |
| Objectives  | 4 | Stated in the introduction. | 3 |
| **METHODS**  |  |
| Eligibility criteria  | 5 | Stated in the methodology. | 4, 5 |
| Information sources  | 6 | Described in the methodology. | 4, 5 |
| Search strategy | 7 | Stated in the methodology. | 4, 5 |
| Selection process | 8 | Stated in the methodology. | 4, 5 |
| Data collection process  | 9 | Described in the methodology. | 4, 5 |
| Data items  | 10a | Stated in the methodology. | 4, 5 |
| 10b | Stated in the methodology. | 4, 5 |
| Study risk of bias assessment | 11 | Described in the methodology. | 4, 5 |
| Effect measures  | 12 | Described in the methodology. | 4, 5 |
| Synthesis methods | 13a | Stated in the methodology. | 4, 5 |
| 13b | Stated in the methodology. | 4, 5 |
| 13c | Described in the methodology. | 4, 5 |
| 13d | Stated in the methodology. | 4, 5 |
| 13e | Described in the methodology. | 4, 5 |
| 13f | Stated in the methodology. | 5, 6 |
| Reporting bias assessment | 14 | Stated in the methodology. | 5, 6 |
| Certainty assessment | 15 | Stated in the methodology. | 5, 6 |
| **RESULTS**  |  |
| Study selection  | 16a | Described in the exploratory analysis of results. | 6 |
| 16b | Described in the exploratory analysis of results. | 6 |
| Study characteristics  | 17 | Stated in the exploratory analysis of results. | 7, 8 |
| Risk of bias in studies  | 18 | Stated in the exploratory analysis of results. | 7, 8 |
| Results of individual studies  | 19 | Stated in the exploratory analysis of results. | 7, 8 |
| Results of syntheses | 20a | Stated in the exploratory analysis of results. | 7, 8 |
| 20b | Described in the exploratory analysis of results. | 7, 8 |
| 20c | Described in the exploratory analysis of results. | 7, 8 |
| 20d | Stated in the exploratory analysis of results. | 8, 9 |
| Reporting biases | 21 | Described in the exploratory analysis of results. | 8, 9 |
| Certainty of evidence  | 22 | Described in the exploratory analysis of results. | 8, 9 |
| **DISCUSSION**  |  |
| Discussion  | 23a | Described in the limitations and discussions. | 9 |
| 23b | Stated in the limitations and discussions. | 9 |
| 23c | Described in the limitations and discussions. | 10 |
| 23d | Stated in the limitations and discussions. | 10 |
| **OTHER INFORMATION** |  |
| Registration and protocol | 24a | Registration does not apply. |  |
| 24b | The protocol is described in the Methods. |  |
| 24c | No amendments. |  |
| Support | 25 | The funder had no role in study selection, data extraction, or manuscript preparation. No non-financial support was received. |  |
| Competing interests | 26 | No conflicts exist. |  |
| Availability of data, code and other materials | 27 | The materials are described in the Methods. |  |