

**Supplemental Material S1.** PRISMA Abstracts checklist.

Section and Topic	Item #	Checklist item	Reported (Yes/No)
<b>TITLE</b>			
Title	1	Identify the report as a systematic review.	Yes
<b>BACKGROUND</b>			
Objectives	2	Provide an explicit statement of the main objective(s) or question(s) the review addresses.	Yes
<b>METHODS</b>			
Eligibility criteria	3	Specify the inclusion and exclusion criteria for the review.	Yes
Information sources	4	Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched.	Yes
Risk of bias	5	Specify the methods used to assess risk of bias in the included studies.	Yes
Synthesis of results	6	Specify the methods used to present and synthesise results.	Yes
<b>RESULTS</b>			
Included studies	7	Give the total number of included studies and participants and summarise relevant characteristics of studies.	Yes
Synthesis of results	8	Present results for main outcomes, preferably indicating the number of included studies and participants for each. If meta-analysis was done, report the summary estimate and confidence/credible interval. If comparing groups, indicate the direction of the effect (i.e. which group is favoured).	Yes
<b>DISCUSSION</b>			
Limitations of evidence	9	Provide a brief summary of the limitations of the evidence included in the review (e.g. study risk of bias, inconsistency and imprecision).	Yes
Interpretation	10	Provide a general interpretation of the results and important implications.	Yes
<b>OTHER</b>			
Funding	11	Specify the primary source of funding for the review.	Main text
Registration	12	Provide the register name and registration number.	Main text

From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71