

Supplemental Material S7. ROBIS risk of bias ratings of the meta-analysis.

Phase 2: Identifying concerns with the review process	
Domain 1: Study eligibility criteria	Rating
1.1 Did the review adhere to pre-defined objectives and eligibility criteria?	Yes
1.2 Were the eligibility criteria appropriate for the review question?	Yes
1.3 Were eligibility criteria unambiguous?	Yes
1.4 Were any restrictions in eligibility criteria based on study characteristics appropriate (e.g. date, sample size, study quality, outcomes measured)?	Yes
1.5 Were any restrictions in eligibility criteria based on sources of information appropriate (e.g. publication status or format, language, availability of data)?	Yes
Risk of bias present in Domain 1	Low
Domain 2: Identification and selection of studies	
2.1 Did the search include an appropriate range of databases/electronic sources for published and unpublished reports?	Yes
2.2 Were methods additional to database searching used to identify relevant reports?	No
2.3 Were the terms and structure of the search strategy likely to retrieve as many eligible studies as possible?	Yes
2.4 Were restrictions based on date, publication format, or language appropriate?	Yes
2.5 Were efforts made to minimize error in selection of studies?	Yes
Risk of bias present in Domain 2	Low
Domain 3: Data collection and study appraisal	
3.1 Were efforts made to minimize error in data collection?	Yes
3.2 Were sufficient study characteristics available for both review authors and readers to be able to interpret the results?	Yes
3.3 Were all relevant study results collected for use in the synthesis?	Yes
3.4 Was risk of bias (or methodological quality) formally assessed using appropriate criteria?	Yes
3.5 Were efforts made to minimize error in risk of bias assessment?	Yes
Risk of bias present in Domain 3	Low
Domain 4: Synthesis and findings	
4.1 Did the synthesis include all studies that it should?	Yes
4.2 Were all pre-defined analyses reported or departures explained?	Yes

4.3 Was the synthesis appropriate given the nature and similarity in the research questions, study designs and outcomes across included studies?	Yes
4.4 Was between-study variation (heterogeneity) minimal or addressed in the synthesis?	Yes
4.5 Were the findings robust, e.g. as demonstrated through funnel plot or sensitivity analyses?	Probably yes
4.6 Were biases in primary studies minimal or addressed in the synthesis?	Yes
Risk of bias present in Domain 4	Low
Phase 3: Risk of bias in the review	
A. Did the interpretation of findings address all of the concerns identified in Domains 1 to 4?	Yes
B. Was the relevance of identified studies to the review's research question appropriately considered?	Yes
C. Did the reviewers avoid emphasizing results on the basis of their statistical significance?	Yes
Risk of bias in the review	Low