

Table S5. Quality assessment of the included reviews using AMSTAR 2 checklist.

AMSTAR 2 Items		AMSTAR 2 Quality Rating and Criteria		AMSTAR 2 critical domains
Item 1	Did the research questions and inclusion criteria for the review include the components of PICO?	High	No or one non-critical weakness	<ul style="list-style-type: none"> • Protocol registered before commencement of the review (item 2) • Adequacy of the literature search (item 4) • Justification for excluding individual studies (item 7) • Risk of bias from individual studies being included in the review (item 9) • Appropriateness of meta-analytical methods (item 11) • Consideration of risk of bias when interpreting the results of the review (item 13) • Assessment of presence and likely impact of publication bias (item 15)
Item 2	Did the report of the review contain an explicit statement that the review methods were established prior to conduct of the review and did the report justify any significant deviations from the protocol?	Moderate	More than one non-critical weakness	
Item 3	Did the review authors explain their selection of the study designs for inclusion in the review?	Low	One critical flaws with or without non-critical weakness	
Item 4	Did the review authors use a comprehensive literature search strategy?	Critically low	More than one critical flaw with or without non-critical weakness	
Item 5	Did the review authors perform study selection in duplicate?			
Item 6	Did the review authors perform data extraction in duplicate?			
Item 7	Did the review authors provide a list of excluded studies and justify the exclusions?			
Item 8	Did the review authors describe the included studies in adequate detail?			
Item 9	Did the review authors use a satisfactory technique for assessing the risk of bias (RoB) in individual studies that were included in the review?			
Item 10	Did the review authors report on the sources of funding for the studies included in the review?			
Item 11	If meta-analysis was justified did the review authors use appropriate methods for statistical combination of results? (Only complete this item if meta-analysis of other data synthesis techniques were reported)			
Item 12	If meta-analysis was performed did the review authors assess the potential impact of RoB in individual studies on the results of the meta-analysis or other evidence synthesis?			
Item 13	Did the review authors account for RoB in individual studies when interpreting/ discussing the results of the review?			
Item 14	Did the review authors provide a satisfactory explanation for, and discussion of, any heterogeneity observed in the results of the review?			
Item 15	If they performed quantitative synthesis did the review authors carry out an adequate investigation of publication bias (small study bias) and discuss its likely impact on the results of the review?			
Item 16	Did the review authors report any potential sources of conflict of interest, including any funding they received for conducting the review?			