

**Supplementary Table S4.** Individual quality items of included studies with scores across reporting, external validity, and internal validity sub-scales.

|                                      |              | Toth et al.,<br>2018 [19] | John et al.,<br>2018 [36] | Ata et al.,<br>2018 [34] | Tedesco et<br>al., 2019 [39] | Ho et al.,<br>2019 [35] | Lynn et al.,<br>2020 [37] | Mora-Gonzalez et<br>al., 2022 [38] | Anens et al.,<br>2023 [33] |
|--------------------------------------|--------------|---------------------------|---------------------------|--------------------------|------------------------------|-------------------------|---------------------------|------------------------------------|----------------------------|
| <b>Reporting</b><br><br>(/9)         | Q1           | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q2           | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q3           | 1                         | 0                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q4           | 0                         | 0                         | 0                        | 0                            | 0                       | 0                         | 0                                  | 1                          |
|                                      | Q5           | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q6           | 0                         | 0                         | 1                        | 0                            | 0                       | 0                         | 1                                  | 1                          |
|                                      | Q7           | 1                         | 1                         | 1                        | 0                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q8           | 1                         | 1                         | 0                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q9           | 1                         | 1                         | 1                        | 1                            | 0                       | 0                         | 1                                  | 1                          |
|                                      | <b>Total</b> | <b>7</b>                  | <b>6</b>                  | <b>7</b>                 | <b>6</b>                     | <b>6</b>                | <b>6</b>                  | <b>8</b>                           | <b>9</b>                   |
| <b>External Validity</b><br><br>(/3) | Q10          | CD                        | CD                        | CD                       | CD                           | CD                      | CD                        | CD                                 | CD                         |
|                                      | Q11          | 0                         | 0                         | 0                        | 0                            | 0                       | 0                         | 0                                  | 0                          |
|                                      | Q12          | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | <b>Total</b> | <b>1</b>                  | <b>1</b>                  | <b>1</b>                 | <b>1</b>                     | <b>1</b>                | <b>1</b>                  | <b>1</b>                           | <b>1</b>                   |
| <b>Internal Validity</b><br><br>(/7) | Q13          | 0                         | 0                         | 0                        | 0                            | 0                       | 0                         | 0                                  | 0                          |
|                                      | Q14          | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q15          | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q16          | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q17          | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q18          | 1                         | 1                         | 1                        | 1                            | 1                       | 1                         | 1                                  | 1                          |
|                                      | Q19          | 0                         | 0                         | 0                        | 0                            | 0                       | 0                         | 0                                  | 0                          |
|                                      | <b>Total</b> | <b>5</b>                  | <b>5</b>                  | <b>5</b>                 | <b>5</b>                     | <b>5</b>                | <b>5</b>                  | <b>5</b>                           | <b>5</b>                   |

CD: cannot determine