**Supplementary Table S1.** PRISMA Checklist.

| Section/topic | # | Checklist item | Reported on page # |
|---|---|---|---|
| **TITLE** | | | |
| – Title | 1 | Identify the report as a systematic review, meta-analysis, or both. | P1 |
| **ABSTRACT** | | | |
| – Structured summary | 2 | Provide a structured summary including the following, as applicable: background, objectives, data sources, study eligibility criteria, participants, and interventions, study appraisal and synthesis methods, results, limitations, conclusions and implications of key findings, and systematic review registration number. | P1 |
| **INTRODUCTION** | | | |
| – Rationale | 3 | Describe the rationale for the review in the context of what is already known. | P1~P2 |
| – Objectives | 4 | Provide an explicit statement of the questions concerning participants, interventions, comparisons, outcomes, and study design (PICOS). | P2~P3 |
| **METHODS** | | | |
| – Protocol and registration | 5 | Indicate if a review protocol exists and if and where one can access it (e.g., web address), and, if available, provide registration information. | P18 |
| – Eligibility criteria | 6 | Specify study characteristics (e.g., PICOS, length of follow-up) and report factors (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. | P3 |
| – Information sources | 7 | Describe all information sources (e.g., databases with coverage dates, contact with study authors to identify additional studies) in the search and the date last searched. | P3~P4 |
| – Search | 8 | Present a complete electronic search strategy for at least one database, including any limits used, to enable someone to repeat the search similarly. | P3~P4 |
| – Study selection | 9 | State the process for selecting studies (i.e., screening, eligibility included in the systematic review, and, if applicable, included in the meta-analysis). | P3~P4 |
| – Data collection process | 10 | Describe the data extraction method used for reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming investigator data. | P3~P4 |

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|---|---|---|---|
| – Data items | 11 | List and define all variables for the data search (e.g., PICOS, funding sources) and any assumptions and simplifications. | P3~P4 |
| – Risk of bias in individual studies | 12 | Describe methods used for assessing the risk of bias in individual studies (including specification of whether the researcher estimated risk at the study or outcome level) and how to use this information in data synthesis. | P8~P9 |
| – Summary measure | 13 | State the principal summary measures (e.g., risk ratio, the difference in means). | P8~P9 |
| – Synthesis of results | 14 | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., $I^{2)}$ for each meta-analysis. | P8~P9 |
| – Risk of bias across studies | 15 | Specify any assessment of the risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies). | P8~P9 |
| – Additional analysis | 16 | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified. | P8~P9 |
| **RESULTS** | | | |
| – Screening of studies | 17 | Give the number of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram. | P3~P4 |
| – Study characteristics | 18 | For each study, present characteristics used in data extraction (e.g., study size, PICOS, follow-up period) and provide the citations. | P6~P7 |
| – Risk of bias within studies | 19 | Present data on the risk of bias of each study and, if available, any outcome level assessment (see Item 12). | P8 |
| – Results of individual studies | 20 | For all outcomes considered (benefits or harms) for each study, present the following: (a) simple summary data for each intervention group and (b) effect estimates and confidence intervals, ideally with a forest plot. | P8~P12 |
| – Synthesis of results | 21 | Present the results of each meta-analysis, including confidence intervals and measures of consistency. | P12 |
| – Risk of bias across studies | 22 | Present the results of any assessment of the risk of bias across studies (see Item 15). | P8~P9 |

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|---|---|---|---|
| – Additional analysis | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]). | P8~P9 |
| **DISCUSSION** | | | |
| – Summary of evidence | 24 | Summarise the main findings, including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policymakers). | P8~P15 |
| – Limitations | 25 | Discuss limitations at study and outcome levels (e.g., risk of bias) and review level (e.g., incomplete retrieval of identified research, reporting bias). | P12~P15 |
| – Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence and implications for future research. | P12~P15 |
| **FUNDING** | | | |
| – Funding | 27 | Describe funding sources for the systematic review and other support (e.g., supply of data); include the role of funders for the systematic review. | P18 |

**Supplementary Table S2.** Quality Assessment.

| No. | Researcher | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Cho, Y.Y. (2021) | N | Y | N | Y | Y | Y | Y | Y | N | 6 |
| 2 | Ryu, S.W. (2021) | N | Y | Y | Y | Y | Y | Y | Y | Y | 8 |
| 3 | H.Y. Kim et al. (2021) | Y | N | N | Y | Y | Y | Y | Y | Y | 7 |
| 4 | A.K. Lee et al. (2021) | Y | N | N | Y | Y | Y | Y | Y | Y | 7 |
| 5 | Park, H.E. (2021) | Y | Y | Y | Y | Y | Y | N | Y | Y | 8 |
| 6 | Oh, E.Y. (2020) | Y | N | Y | Y | Y | N | Y | Y | N | 6 |
| 7 | Lee, J.H. & Kim, S.H. (2016) | Y | Y | Y | Y | Y | Y | Y | Y | Y | 9 |
| 8 | Hong, S.Y. (2016) | Y | Y | Y | N | Y | Y | Y | Y | N | 8 |
| 9 | Kim, Y.J. & Lee, J.H. (2009) | Y | N | Y | Y | Y | N | Y | Y | Y | 7 |
| 10 | S.H. Kim et al. (2008) | Y | N | Y | Y | Y | Y | N | Y | N | 7 |

Abbreviations: N: No; Y: Yes; U: Unclear; 1. Was the sample frame appropriate to address the target population? 2. Were study participants recruited appropriately? 3. Was the sample size adequate? 4. Were the study subjects and setting described in detail? 5. Was data analysis conducted with sufficient coverage of the identified sample? 6. Were valid methods used for the identification of the condition? 7. Was the condition measured in a standard, reliable way for all participants? 8. Was there appropriate statistical analysis? 9. Was the response rate adequate, and if not, was the low response rate managed appropriately?