

Supplementary Table S1. Risk of Bias Assessment

| Study | Bias due to confounding | Bias in selection of participants into the study | Bias in classification of interventions | Bias due to deviations from intended interventions | Bias due to missing data | Bias in measurement of outcomes | Bias in selection of the reported result | Overall Bias |
|-------------------------|-------------------------|--|---|--|--------------------------|---------------------------------|--|--------------|
| Nakajima et al. 2022 | Low | Low | Low | Low | Low | Low | Low | Low |
| Cho et al. 2008 | Low | Low | Low | Low | Low | Low | Low | Low |
| Liu et al. 2009 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Wang et al. 2016 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Li et al. 2021 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Song et al. 2022 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Khalifé et al. 2023 | Moderate | Low | Low | Moderate | Low | Low | Low | Moderate |
| Schairer et al. 2013 | Moderate | Low | Low | Moderate | Low | Low | Low | Moderate |
| Hart et al. 2013 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Hart et al. 2014 | Serious | Low | Low | Moderate | Low | Low | Low | Serious |
| Isaacs et al. 2010 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Pateder et al. 2008 | Low | Low | Low | Low | Low | Low | Low | Low |
| Frazier et al. 1997 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Minamide et al. 2017 | Low | Low | Low | Low | Moderate | Low | Low | Moderate |
| Aoki et al. 2015 | Low | Low | Low | Low | Low | Low | Low | Low |
| Bari et al. 2021 | Moderate | Low | Low | Moderate | Moderate | Low | Low | Moderate |
| Lugue et al. 2020 | Low | Low | Low | Low | Moderate | Low | Low | Moderate |
| Pugely et al. 2014 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Kapetanakis et al. 2017 | Low | Low | Low | Low | Low | Low | Low | Low |
| Kim et al. 2021 | Serious | Low | Low | Low | Low | Low | Low | Serious |
| Bai et al. 2017 | Serious | Low | Low | Low | Low | Low | Low | Serious |
| Telfeian et al. 2018 | Low | Low | Low | Low | Low | Low | Low | Low |
| Madhavan et al. 2016 | Low | Low | Low | Low | Low | Low | Moderate | Moderate |
| Brodke et al. 2013 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Hasan et al. 2019 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |

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|--------------------------|----------|-----|-----|----------|----------|-----|----------|----------|
| Uribe et al. 2017 | Low | Low | Low | Low | Low | Low | Low | Low |
| Deukmedjian et al. 2013 | Moderate | Low | Low | Low | Low | Low | Moderate | Moderate |
| Park et al. 2013 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Liang et al. 2020 | Moderate | Low | Low | Moderate | Low | Low | Low | Moderate |
| Amara et al. 2019 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Chou et al. 2018 | Low | Low | Low | Low | Low | Low | Low | Low |
| Kasliwal et al. 2012 | Low | Low | Low | Low | Low | Low | Low | Low |
| Zurbriggen et al. 1999 | Low | Low | Low | Low | Low | Low | Low | Low |
| Feng et al. 2015 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Johnson et al. 2013 | Moderate | Low | Low | Low | Moderate | Low | Low | Moderate |
| Anand et al. 2008 | Low | Low | Low | Serious | Low | Low | Low | Serious |
| Hasegawa and Homma 2003 | Low | Low | Low | Low | Low | Low | Low | Low |
| Dakwar et al. 2010 | Serious | Low | Low | Moderate | Low | Low | Low | Serious |
| Lee et al. 2016 | Moderate | Low | Low | Moderate | Low | Low | Low | Moderate |
| Ahlquist et al. 2018 | Moderate | Low | Low | Moderate | Low | Low | Low | Moderate |
| Anand et al. 2010 | Moderate | Low | Low | Low | Low | Low | Moderate | Moderate |
| Lo et al. 2015 | Low | Low | Low | Low | Low | Low | Moderate | Moderate |
| Seng et al. 2013 | Low | Low | Low | Low | Low | Low | Moderate | Moderate |
| Alimi et al. 2015 | Moderate | Low | Low | Moderate | Low | Low | Low | Moderate |
| Tani et al. 2022 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Elsamadicy et al. 2017 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Kanayama et al. 2007 | Moderate | Low | Low | Low | Low | Low | Moderate | Moderate |
| Di Silvestre et al. 2010 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |
| Zhao et al. 2020 | Moderate | Low | Low | Low | Low | Low | Low | Moderate |