Table S1: PRISMA 2020 Checklist

Section/Topic	Checklist Item	Location where item is reported
Title	Identify the report as a systematic review.	Title page, line 1
Abstract	See the PRISMA 2020 for Abstracts checklist.	Abstract section
Rationale	Describe the rationale for the review in the context of what is already known.	Introduction
Objectives	Provide an explicit statement of the objective(s) or question(s) the review addresses.	End of Introduction
Eligibility criteria	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Methodology: Study Selection and Inclusion Criteria
Information sources	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Methodology: Literature Search Strategy
Search strategy	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Methodology: Literature Search Strategy
Selection process	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of	Methodology: Study Selection

	automation tools used in the process.	
Data collection process	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Methodology: Data Extraction
Data items	List and define all outcomes for which data were sought. List and define all other variables for which data were sought and describe any assumptions made about any missing or unclear information.	Methodology: Data Extraction
Study risk of bias assessment	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Methodology: Quality Assessment
Effect measures	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Not applicable (Narrative synthesis)
Synthesis methods	Describe the methods of handling and summarizing	Methodology: Data Synthesis

	the data that were used to synthesize results.	
Reporting bias assessment	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Discussed under Limitations
Certainty assessment	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Not explicitly assessed
Study selection	Give the number of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally using a flow diagram.	Results: PRISMA Flow Diagram
Study characteristics	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	Results: Table 1
Risk of bias in studies	Present assessments of risk of bias for each included study.	Methodology: Quality Assessment
Results of individual studies	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Results: Thematic summaries
Results of syntheses	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision, and measures of statistical heterogeneity.	Results: Thematic synthesis

	If comparing groups, describe the direction of the effect.	
Reporting biases	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Discussed under Limitations
Certainty of evidence	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Not explicitly assessed
Discussion	Provide a general interpretation of the results in the context of other evidence.	Discussion
Limitations of evidence	Discuss any limitations of the evidence included in the review.	Discussion: Limitations
Limitations of review processes	Discuss any limitations of the review processes used.	Discussion: Limitations
Implications	Discuss implications of the results for practice, policy, and future research.	Discussion: Future Research Directions
Registration and protocol	Provide registration information for the review, including register name and registration number, or state that the review was not registered. Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Not registered
Support	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Funding section
Competing interests	Declare any competing interests of review authors.	Conflicts of Interest
Availability of data, code and other materials	Report which of the following are publicly	Data Availability Statement

	available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	