PRISMA 2020 Checklist

Section and Topic	n.º	Items and elements recommended for reporting	Reported on page number
Title	1	It was identified in the article title and the structured abstract.	1
Abstract	2	The structured abstract was presented (theoretical framework, objective, criteria, synthesis, results, conclusions).	1
INTRODUCTION			
Rationale	3	The Introduction and Theoretical Framework described the theoretical basis within the context of existing knowledge.	1-4
Objectives	4	An explicit statement of the objectives was presented in the Introduction of the work.	2
METHODS			
Eligibility Criteria	5	The methodology specified the inclusion/exclusion criteria and study grouping.	5
Information Sources	6	The databases (Scopus and Web of Science) and the search date were used. Scopus: https://www.scopus.com/search/form.uri?display=basic and Web of Science: https://access.clarivate.com/login?app=wos&alternative.	5
Search Strategy	7	The complete strategies, filters, and limits used were presented. The search by language, year period, and article types was indicated.	5
Selection Process	8	The screening methods and the number of reviewers involved were explained.	5, 8-9
Data Collection Process	9	The data extraction methods were explained and were performed independently by the authors.	5
DATA ITEMS (Outcomes)	10a	Outcomes and other variables sought were defined.	5
DATA ITEMS (Other Variables)	10b	List and define all other variables for which data were sought.	5, 29-38
Study Risk Of Bias Assessment	11	The study did not present a risk of bias in the studies according to the authors of the article.	5-6
Effect Measures	12	Effect measures for each outcome and the results obtained were specified.	5-8
SYNTHESIS METHODS (Eligibility For Synthesis)	13a	The eligibility, preparation, tabulation, and synthesis processes of the results obtained were presented.	5, 8
Preparing For Synthesis	13b	The methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions, were described.	5-6, 8
Tabulation And Graphical Methods	13c	Methods to tabulate or visually display results of individual studies and syntheses were described.	8-9
Statistical Synthesis Methods	13d	The methods used to synthesize results and provide a rationale for the choice(s) were described	8-9

Methods To Explore Heterogeneity	13e	Used to explore possible causes of heterogeneity among study results were described.	8-9
	13f	Sensitivity analyzes were performed and the scope of the research was expanded to meet the study objectives.	8-9
Reporting Bias Assessment	14	Methods for assessing bias due to missing results and their limitations were presented.	9
Certainty Assessment	15	The authors assessed their confidence in the body of evidence.	8-9
STUDY SELECTION (Flow Of Studies)	16a	The results of the search and selection process were presented, showing the number of records identified in the search using a flowchart.	8-9
STUDY SELECTION (Excluded Studies)	16b	No additional work was included in the search results.	8-9
Study Characteristics	17	No other studies were included beyond the selection obtained.	8-9
Risk Of Bias In Studies	18	There was no risk of bias, as no studies were included.	5-6
Results Of Individual Studies	19	No new studies were included.	8-9
Results Of Syntheses	20a	There was no bias in the studies that contributed to the authors' evaluation.	8-9
Results Of Statistical Syntheses	20b	The results are summarized in the table.	9-17
	20c	The limitations identified were related to the evaluation period and the databases used with the search methods.	8, 29-38
	20d	The implications of the results are presented in terms of public policies, a proposed framework, and future research.	18-20
Reporting Biases	21	Risk of bias assessments were performed due to missing results, but no bias was identified.	5-6
Certainty Of Evidence	22	Assessments of the certainty (or confidence) in the body of evidence for each outcome evaluated were performed, with excellent consistency.	20
DISCUSSION Interpretation	23a	The results and their interpretations are presented in the discussion and context.	9-17
Limitations Of Evidence	23b	No new evidence was included in the review.	8-9
Limitations Of Review Processes	23c	The limitations of the review processes used were presented.	5, 20
Implications	23d	The implications of the results for practice, public policy, and future research were presented.	18-20
Registration And Protocol (Registration)	24a	The review was not registered, but it was detailed in the methodology section to be verified and audited if necessary.	5-9
Protocol	24b	The review protocol is presented in the table in this description.	6-8
Amendments	24c	There were none in this study.	5-6
Support	25	Financial support was for the scholarships of the doctoral students participating in the study and this research was supported by the Portuguese Foundation for Science and Technology I.P. (FCT) under grant number UID/CED/04748/2023.	27-28
Competing Interests	26	There are no conflicts of interest for the authors of the review.	28

Availability Of Data, Code, And Other Materials	27	The files containing the diagram, grouping tables, and results of the review are available in this research.	8-20

Table S1. PRISMA Method Checklist.
Source: the authors and [8].