Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Page 1, Line 1
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Pages 1-2, Lines 39-63
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Pages 2-3, Lines 68-104
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page 3, Lines 105-109
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Page 3, Lines 125-127
Information sources	6	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.	Page 3, Lines 117-119
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Page 3, Lines 117-123
Selection process	8	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 automation tools used in the process.	Page 3, Lines 127-131
Data collection process	9	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.	Page 3, Lines 133-150
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Page 4, Lines 160-163
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Page 3, Lines 133-139
Study risk of bias assessment	11	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.	Page 4, Lines 152-158
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Page 3, Lines 140-

Section and Topic	Item #	Checklist item	Location where item is reported
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Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	Page 3, Lines 142-145
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Page 3, Lines 145-146
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Page 4, Lines 165-168
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Page 4, Lines 165-182
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Page 4, Lines 171-175
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Page 4, Lines 168-170
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Page 4, Lines 175-177
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Page 4, Lines 179-181
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Page 5, Lines 191-194
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Page 5, Lines 191-197
Study characteristics	17	Cite each included study and present its characteristics.	Page 5, Lines 191-197
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Page 12, Lines 216-221
Results of individual studies	19	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.	Pages 6-11, Table 1

Section and Topic	Item #	Checklist item	Location where item is reported
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Page 5, Lines 198-206
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Page 12, Lines 223-228; Pages 15-16, Lines 248-254; Page 19, Lines 265-270; Page 19, Lines 278-280; Page 19, Lines 288-290; Page 19, Lines 292-294
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Page 15, Lines 240-246; Page 16, Lines 255-261; Page 19, Lines 271-276; Page 19, Lines 281-286; Page 19, Lines 295-298
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Page 19, Lines 300-303
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Page 19, Lines 303-306
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Page 12, Table 2
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Page 20, Lines 310-

Section and Topic	Item #	Checklist item	Location where item is reported
			319
	23b	Discuss any limitations of the evidence included in the review.	Page 22, Lines 434-445
	23c	Discuss any limitations of the review processes used.	Page 22, Lines 455-469
	23d	Discuss implications of the results for practice, policy, and future research.	Page 21, Lines 388-401
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	Page 3, Lines 111-114
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Page 3, Lines 112-114
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Page 3, Lines 112-114
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Page 23, Line 486
Competing interests	26	Declare any competing interests of review authors.	Page 23, Line 490
Availability of data, code and other materials	27	Report which of the following are publicly 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.	Page 23, Line 489

Supplementary Table S1. Prisma checklist