PRISMA 2020 Checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Title page
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Abstract
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Introduction (Section 1)
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Introduction (Section 1)
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Methods (Section 2.2. Eligibility criteria)
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.	Methods (Section 2.1. Search strategy)
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Methods (Section 2.1. Search strategy)
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.	Methods (Section 2.3. Studies selection and data extraction)
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.	Methods (Section 2.3. Studies selection and data extraction)
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.	Methods (Section 2.3. Studies selection and data extraction)
	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.	Methods (Section 2.3. Studies selection and data extraction)
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.	Methods (Section 2.4. Risk of bias assessment)
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.	Sections 2.2 Eligibility criteria and Section 3 REsults
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis.	Methods (Section 2.2 Eligibility criteria and 2.3. Studies selection and data extraction)
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Methods (Section 2.3. Studies selection and data extraction)
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Results (Section 3.2. Study characteristics); Table 3;

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			Figure 1, Figure 2.
	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.	Results (Section 3.2. Study characteristics)
	13e	Describe any methods used to explore possible causes of heterogeneity among study results.	Section Discussiom (4.1 Summary of evidence) and Section 4.2 (Limitations)
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Discussion (Section 4.1)
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Not applicable.
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Section 2.4.Risk of bias assessment
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.	Results (Section 3); Figure 1.
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Results (Section 3)
Study characteristics	17	Cite each included study and present its characteristics.	Results (Section 3.2. Study characteristics); Table 3.
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Results (Section 3.1 Risk of bias assessment)
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.	Results (Section 3.3 Main study outcomes); Table 3.
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Results (Sections 3.2 Study characteristics and 3.3 Main study outcomes
	20b	Present results of all statistical syntheses conducted.	Results (Section 3.3 Main study outcomes)
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Discussion (Section 4.1 Summary of evidence and 4.2. Limitations)
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Not applicable.
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Results (Section 3.1 Risk of bias assessment)
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Results (Section 3.1 Risk of bias assessment) and section 4.2. Limitations
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Discussion (Section 4.1 Summary of evidence) and 5. Conclusions

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	23b	Discuss any limitations of the evidence included in the review.	Discussion (Section 4.2. Limitations)
	23c	Discuss any limitations of the review processes used.	Discussion (Section 4.2. Limitations)
	23d	Discuss implications of the results for practice, policy, and future research.	Section 4.1 Summary of evidence and Section 5. Conclusions
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.	INPLASY register Registration number INPLASY202530050
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	DOI: 10.37766/inplasy2025.3.0050
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Not applicable.
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Not applicable.
Competing interests	26	Declare any competing interests of review authors.	Not applicable.
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.	Supplementary Material.

From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71.
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