Supplementary Materials

Table S1. 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
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	PRISMA 2020 for Abstracts Checklist
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Introduction
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Introduction
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Methods
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
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Methods
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
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
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
	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
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	Methods

Section and Topic	Item #	Checklist item	Location where item is reported
		if applicable, details of automation tools used in the process.	
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.	Methods
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)).	Not applicable
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Not applicable
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Tables 1 and 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.	Not applicable
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Not applicable
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Not applicable
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.	Not applicable
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
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Figure 1 flowchart
Study characteristics	17	Cite each included study and present its characteristics.	Table 1
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Table 1
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.	Table 1
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Results
	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	Not applicable

Section and Topic	Item #	Checklist item	Location where item is reported
		effect.	
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Not applicable
	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.	Not applicable
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Table S1
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Discussion
	23b	Discuss any limitations of the evidence included in the review.	Discussion
	23c	Discuss any limitations of the review processes used.	Discussion
	23d	Discuss implications of the results for practice, policy, and future research.	Discussion
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.	Methods
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	The review protocol is outlined in the Methods
	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.	Funding section
Competing interests	26	Declare any competing interests of review authors.	Conflict of interest declaration
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.	Not applicable

Table S2. PRISMA 2020 Abstract Checklist.

Section and Topic	Item #	Checklist item	Reported (Yes/No)
TITLE			
Title	1	Identify the report as a systematic review.	Yes
BACKGROUND			
Objectives	2	Provide an explicit statement of the main objective(s) or question(s) the review addresses.	Yes
METHODS			

Section and Topic	Item #	Checklist item	Reported (Yes/No)
Eligibility criteria	3	Specify the inclusion and exclusion criteria for the review.	Yes for inclusion criteria
Information sources	4	Specify the information sources (e.g. databases, registers) used to identify studies and the date when each was last searched.	Yes
Risk of bias	5	Specify the methods used to assess risk of bias in the included studies.	No
Synthesis of results	6	Specify the methods used to present and synthesise results.	No
RESULTS			
Included studies	7	Give the total number of included studies and participants and summarise relevant characteristics of studies.	Yes
Synthesis of results	8	Present results for main outcomes, preferably indicating the number of included studies and participants for each. If meta-analysis was done, report the summary estimate and confidence/credible interval. If comparing groups, indicate the direction of the effect (i.e. which group is favoured).	Yes
DISCUSSION			
Limitations of evidence	9	Provide a brief summary of the limitations of the evidence included in the review (e.g. study risk of bias, inconsistency and imprecision).	Yes – lack of consistency mentioned
Interpretation	10	Provide a general interpretation of the results and important implications.	Yes
OTHER			
Funding	11	Specify the primary source of funding for the review.	No
Registration	12	Provide the register name and registration number.	No

Table S3. Quality assessment for included studies according to the Newcastle-Ottawa Score.

	Selection				Comparability	Outcome/Exposure			Total
Study	1	2	3	4	1	1	2	3	
Smith [50]	(a)*	(a)*	(a)*	(a)*	(a)* (b)*	(b)*	(a)* 1 year	(a)* 100%	9*/9
Liu [34]	(b)	(a)*	(a)*	(a)*	(a)* (b)*	(a)*	(a)*	(a)*	8*/9
King Jr.[36]	(c)	(b)	(b)*	(a)	(a)* (b)*	(b)*	(a)*	(b)*	6*/9
Miller [28]	(b)*	-	(a)*	(b)		(b)*	(b)	(a)*	4*/8
Madhi 2000 [30]	(a)*	(a)*	(b)*	(a)		(b)*	(a)*	(a)*	7*/9
Madhi 2001 [31]	(a)*	(a)*	(b)*	(a)		(b)*	(a)*	(a)*	7*/9?
Moyes 2023 [33]	(b)*	(a)*	(a)*	(a)*	(a)* (b)*	(a)*	(a)*	(a)*	9*/9
Madhi 2004 [32]	(b)*	(a)*	(a)*	(a)*		(b)*	(a)*	(a)*	7*/9
Madhi 2006 [40]	(b)*	(a)*	(a)*	(a)*		(b)*	(a)*	d)	6*/9

	Selection				Comparability	Outcome/Exposure			Total
Feikin 2012 [48]	(b)*	(b)	(b)	(a)*	(a)*	(a)*	(a)*	(a)*	6*/9
Moyes 2013 [19]	(a)*	(a)*	(a)*	(a)*	(a)* (b)*	(a)*	(a)*	(a)*	9*/9
Owusu 2024 [25]	(b)*	(a)*	(a)*	(a)*	(a)* (b)*	(a)*	(a)*	(a)*	9*/9
Wedderburn 2024 [51]	(a)*	(a)*	(a)*	(a)*	(a)* (b)*	(b)*	(a)*	(b)*	9*/9
Cohen 2021 [26]	(a)*	(a)*	(b)*	(b)	(a)* (b)*	(b)*	(a)*	(b)*	8*/9
de Souza Luna 2023 [22]	(b)*	(b)	(a)*	(a)*	(a)*	(b)*	(a)*	d)	6*/9
Nyawanda 2022 [29]	(a)*	(a)*	(b)*	(a)*	(a)* (b)*	(b)*	(b)	(b)*	8*/9
Famoroti 2018 [37]	d)	(a)*	(a)*	(b)	-	(a)*	NA	NA	3*/7
McMorrow Feb 2019 [41]	(a)*	(a)*	(a)*	(a)*	(a)* (b)*	(b)*	(a)*	d)	8*/9
Annamalay 2016 Sep [24]	(a)*	(a)*	(a)*	(b)	(a)* (b)*	(b)*	(a)*	d)	7*/9
Madhi 2018 [39]	(b)*	(a)*	(a)*	(b)		(b)*	(a)*	d)	5*/9
Annamalay 2016 Aug [23]	(a)*	(b)	(b)	(a)*	(a)* (b)*	d)	(b)	(c)	4*/9
Moyes 2017 [32]	(b)*	(a)*	(a)*	(a)*	(a)* (b)*	(b)*	(a)*	(c)	8*/9
Weinberg [47]	(a)*	(a)*	(a)*	(a)*		(a)*	(b)*	(a)*	7*/9
Cohen 2016 [20]	(a)*	(a)*	(a)*	(a)*	(a)* (b)*	(a)*	(a)*	(b)*	9*/9
Cohen 2015 [14]	(b)*	(a)*	(a)*	(a)*		(b)*	(a)*	(c)	6*/9
Madhi 2000	(b)*	(a)*	(b)*	(b)	-	(b)*	(a)*	(c)	5*/7
Peterson [45]	(b)*	(a)*	(a)*	(b)	-	(b)*	(a)*	d)	5*/7
Mendoza-Sanchez [27]	(c)	-	(a)*	(b)	-	(b)*	(a)*	d)	3*/6
Chandwani [49]	(c)	(a)*	(a)*	(b)		(b)*	(a)*	d)	4*/9
Elabaddi [35]	(b)*	(b)*	(a)*	(b)		(b)*	(a)*	d)	5*/9
O'Callaghan-Gordo [44]	(a)*	(b)*	(a)*	(b)	-	(b)*	(a)*	d)	6*/7
Rha 2019 [46]	(a)*	(a)*	(a)*	(b)	(a)* (b)*	(b)*	(a)*	(a)*	9*/9
McMorrow Nov 2019 [40]	(a)*	(a)*	(a)*	(a)*	(a)* (b)*	(b)*	(a)*	d)	8*/9
Patel [43]	(b)*	(a)*	(a)*	(a)*	(a)* (b)*	(b)*	(a)*	d)	8*/9

* Categories for which points were attributed according to the Newcastle-Ottawa Score