Supplementary file 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.	
ABSTRACT			**ABSTRACT**
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Abstract section
INTRODUCTION			**INTRODUCTION**
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Introduction section
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Introduction section
METHODS			**METHODS**
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Methodology section - Inclusion and Exclusion 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.	Methodology section - Databases and Sources
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Methodology section - 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.	Methodology section - Study Selection Process
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.	Methodology section - 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.	Methodology section - Variables and Data Items
	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.	Methodology section - Variables and Data Items
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.	Methodology section - 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.	Methodology section - Effect Measures
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)).	Methodology section - Data Synthesis and Analysis
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Methodology section - Data Synthesis and Analysis

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	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Methodology section - Data Synthesis and Analysis
	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.	Methodology section - Data Synthesis and Analysis
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Methodology section - Data Synthesis and Analysis
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Methodology section - Data Synthesis and Analysis
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Methodology section - Bias Assessment
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Methodology section - Confidence in Evidence
RESULTS			**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 - Study Selection and Flowchart
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Results section - Study Selection and Flowchart
Study characteristics	17	Cite each included study and present its characteristics.	Results section - Study Characteristics
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Results section - Risk of Bias
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 - Individual Study Results
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Results section - Summary of Findings
	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.	Results section - Summary of Findings
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Results section - Summary of Findings
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Results section - Summary of Findings
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Results section - Reporting Bias

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Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Results section - Certainty in Findings
DISCUSSION			**DISCUSSION**
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Discussion section
	23b	Discuss any limitations of the evidence included in the review.	Discussion section
	23c	Discuss any limitations of the review processes used.	Discussion section
	23d	Discuss implications of the results for practice, policy, and future research.	Discussion section
OTHER INFORMATION			**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.	Methodology section - Registration Details
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Methodology section - Registration Details
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Methodology section - Registration Details
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	N/A
Competing interests	26	Declare any competing interests of review authors.	Conflicts of Interest section
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.	Data Availability Statement

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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