**Table S5: Assessment of Risk of Bias according to ROBINS-I V2**

| Citation | Bias due to confounding (Domain 1) | Bias in classification of intervention (Domain 2) | Bias in selection of participants (Domain 3) | Bias due to deviations from intended interventions (Domain 4) | Bias due to missing outcome data (Domain 5) | Bias in outcomes measurement (Domain 6) | Bias in selection of results reported (Domain 7) | Overall risk of bias |
|---|---|---|---|---|---|---|---|---|
| Thakali et al. (2022) | Low risk | N/A | Serious risk | N/A | Low risk | Low risk | Low risk | **Serious Risk** |
| Araujo et al. (2024) | Critical risk | N/A | Serious risk | N/A | Low risk | Moderate risk | Serious risk | **Critical Risk** |
| Roldan-Hernandez et al. (2024) | Low risk | Low risk | Low risk | N/A | Low risk | Low risk | Low risk | **Low Risk** |
| Wolfe et al. (2024) | Lowrisk | N/A | Serious risk | N/A | Low risk | Low risk | Low risk | **Serious Risk** |
| Monteiro et al. (2024) | Low risk | N/A | Low risk | Low risk | Low risk | Low risk | Low risk | **Low Risk** |
| Chandra et al. (2023) | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | Low risk | **Low Risk** |
| Chen at al. (2023) | Low risk | Low risk | Low risk | Low risk | Low risk | Moderate risk | Low risk | **Moderate Risk** |
| Chandra et al. (2021) | Low risk | Low risk | Low risk | Low risk | Low risk | Moderate risk | Low risk | **Moderate Risk** |
| Veneri et al. (2025) | Moderate risk | Low risk | Moderate risk | Low risk | Moderate risk | Low risk | Low risk | **Serious risk** |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Ma et al. (2025) | Serious risk | Serious risk | Low risk | Moderate risk | Low risk | Low risk | Low risk | **Serious risk** |