

Supplementary Table S1. PRISMA 2020 Checklist

Section/Topic	Item #	Checklist Item	Reported on Page
TITLE	1	Identify the report as a systematic review.	Title page
ABSTRACT	2	See PRISMA 2020 for Abstracts checklist.	Abstract
INTRODUCTION			
Rationale	3	Describe the rationale for the review.	Introduction
Objectives	4	Provide an explicit statement of the objective(s).	Introduction (last paragraph)
METHODS			
Eligibility criteria	5	Specify inclusion and exclusion criteria.	Methods – Eligibility Criteria
Information sources	6	Specify all databases, registers, websites, etc.	Methods – Search Strategy
Search strategy	7	Present full search strategies for all databases.	Supplementary Table S2
Selection process	8	Specify methods for screening and selection.	Methods – Study Selection
Data collection process	9	Specify methods of data extraction.	Methods – Data Extraction
Data items	10	List and define all outcomes.	Methods – Eligibility Criteria
Study risk of bias	11	Specify methods used to assess risk of bias.	Methods – Quality Assessment
Effect measures	12	Specify effect measures (e.g., SMD, OR).	Methods – Data Synthesis
Synthesis methods	13	Describe methods for synthesizing results.	Methods – Data Synthesis
Reporting bias	14	Describe methods for assessing risk of reporting bias.	Methods – Sensitivity
Certainty assessment	15	Describe methods for assessing certainty of evidence.	Methods – Certainty of Evidence
RESULTS			
Study selection	16	Describe results of search and selection process.	Results – Study Selection; Figure 1
Study characteristics	17	Present characteristics of included studies.	Results – Study Selection; Table 1

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Risk of bias in studies	18	Present assessments of risk of bias.	Results – Quality Assessment; Table 2
Results of individual studies	19	Present results for all outcomes.	Figures 2–5; Supplementary Tables
Results of syntheses	20	Present results of each synthesis.	Results; Table 3
Reporting biases	21	Present assessments of risk of reporting biases.	Results – Sensitivity; Discussion (Limitations)
Certainty of evidence	22	Present assessments of certainty of evidence.	Results – Certainty of Evidence; Supplementary Table S5
DISCUSSION			
Interpretation	23	Provide a general interpretation of the results.	Discussion
Limitations	24	Discuss limitations of the evidence and review.	Discussion – Limitations
OTHER INFORMATION			
Registration	25	Provide registration information.	Methods – Protocol; Abstract
Competing interests	26	Declare competing interests.	Declarations
Funding	27	Declare sources of funding.	Declarations
Availability of data	27a	State data availability.	Declarations – Data Availability

Page numbers refer to the submitted manuscript. PRISMA 2020 checklist adapted from Page MJ, et al. BMJ 2021;372:n71.