Appendix: Prisma Checklist for systematic review and meta-analysis

Section/Topic	#	Checklist Item	Reported on
TITLE			
Title	1	Identify the report as a systematic review, meta-analysis, or both	Page #1
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number	Page#1,2
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	Page #3,4
Objectives	4	Provide an explicit statement of questions being addresses with reference to participants, interventions, comparisons, outcomes, and study design (PICOS)	No
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number	page #4,5
Eligibility Criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale	Page# 5
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched	Page# 5, Figure1
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated	Supplementary Table 1
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis)	Page# 5,6, Figure 1
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and processes for obtaining and confirming data from investigators	Page #6

Data Items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	Page #6
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis	NA
Summary measures	13	State the principal summary measures (e.g., risk ratio, differences in mean means)	Page #6
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures if consistency (e.g., I^2), for each meta-analysis	Page #6
Risk of bias across studies	15	Specify an assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies)	Page #6
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or sub group analyses, meta-regression), if done, indicating which were pre-specified	Page #5
RESULTS			
Study Selection	17	Give numbers of studies screened, asses for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram	Page #7,8, Figure1
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide citations	Table 1,2
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment	Page #9
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot	Page #7,8, Figure 2,3,4,5,
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency	Figure 2,3,4,5,
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies	Page #9
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity of sub group analyses, meta-regression	Supplementary figures, Page #9
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., health care providers, users, and policy makers)	Page #10

Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review level (e.g., incomplete retrieval of identified research, reporting bias)	Page #13
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	Page # 13
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review	Page 2