Additional file 1. PRISMA 2020 reporting checklist

Item numbers follow PRISMA 2020. The short labels below are paraphrases, not substitutes for the official checklist wording. This mapping records limitations as well as completed reporting, item by item.

Item	Topic	Location or status
1	Review identification	Title
2	Abstract	Structured abstract
3	Rationale	Background
4	Objectives	Background, final paragraph
5	Eligibility	Methods — Eligibility criteria
6	Sources	Methods — Information sources; Additional file 6. PubMed, Embase, Cochrane CENTRAL and Web of Science were searched on 23 September 2026, and the verbatim PubMed string was re-executed on 30 September 2026 (a two-record addition retrieved earlier with another PubMed term is retained alongside that re-run). The dates are the researcher's record of execution, since the export files themselves carry no date; no further searches of these sources were run for this report. Trial registries were queried on 30 September 2026, but not for records to screen: registry records reached the screening set through the database exports, and identifiers were queried to establish record identity and to obtain design information for the risk-of-bias appraisal, item by item in Additional file 8. The sources therefore have different dates and different purposes and are reported separately rather than as one search updated to a single date; 30 September 2026 is the last date of bibliographic search
7	Searches	Additional file 6 gives the verbatim string for each database and the date it was executed (23 September 2026), together with the PubMed string re-executed on 30 September 2026 and the reason for the re-run
8	Selection	Methods — Information sources and study selection; Additional files 7 and 9
9	Collection	Methods — Data collection; Additional file 13
10a	Outcomes	Methods — Eligibility criteria and prioritization
10b	Other variables	Methods — Data collection; Additional file 13
11	Bias methods	Methods — Appraisal; Additional file 10 gives 23 principal and 41 additional candidate outcome appraisals. The primary adult set contains 23+36; five appraisals from these entries are separate. Every additional assessment is source-checked;

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		unassessed outcomes are explicit.
12	Effect measures	Methods — Synthesis method; Tables 2–3
13a	Synthesis eligibility	Methods — Grouping and synthesis; no pooled clinical conclusion
13b	Data preparation	Methods — Synthesis method; unresolved counts not calculated
13c	Display	Tables 2–3; Figures 2–4
13d	Synthesis approach	Methods — Synthesis method; Additional file 4 contains a post hoc calculation excluded from clinical interpretation
13e	Heterogeneity	Methods — Grouping and synthesis. Clinical differences described; no subgroup meta-analysis or meta-regression.
13f	Sensitivity	Methods — Additional analyses; Additional file 4
14	Missing-result bias methods	Methods — Appraisal. No formal missing-result bias assessment.
15	Certainty methods	Methods — Appraisal; Additional file 11 grades 23 comparison–outcome results from ten principal comparisons with per-row downgrades.
16a	Selection results	Results — Study selection; Figure 1. The 92 entries comprise 51 included, three with adult eligibility unresolved, 36 excluded, one associated and one duplicate. Record, report and entry counting units are identified.
16b	Excluded candidates	Additional file 13 decision ledger (36 exclusions and three unresolved-eligibility entries); Additional file 3 age evidence. Three unavailable reports remain separate in Additional file 9.
17	Characteristics	Tables 2–3; Additional file 13
18	Study bias results	Results — Risk of bias; Additional file 10. Primary adult appraisals: five low, 50 some concerns, four high (59 results). Five candidate appraisals from these entries are separate. Figure 5 shows only the 23 principal results.
19	Individual results	Tables 2–3; Figures 2–4; Additional file 13
20a	Synthesis context	Results by outcome family; Tables 2–3
20b	Synthesis findings	Results; Additional file 4 reports the excluded post hoc calculation transparently
20c	Heterogeneity findings	Clinical differences discussed; no formal subgroup analysis

Item	Topic	Location or status
20d	Sensitivity findings	Additional file 4
21	Missing-result bias findings	Not formally assessed; limitations state this
22	Certainty findings	Additional file 11 reports the certainty grades, by comparison and outcome, for the principal comparisons and the specific limitations of the remaining estimates
23a	Interpretation	Discussion
23b	Evidence limitations	Discussion — Clinical interpretation and limitations
23c	Review limitations	Discussion — Clinical interpretation and limitations
23d	Implications	Discussion and Conclusions
24a	Registration	Methods — Design; PROSPERO registration number CRD420261546001.
24b	Protocol	PROSPERO registration number CRD420261546001; no separate publicly available protocol is identified in the submission package.
24c	Amendments	Methods — Design; eligibility was expanded on 29 September 2026 after searching and partial extraction. Effects on eligibility and outcome contributions are assessed in Additional file 3.
25	Support	Declarations — Funding
26	Interests	Declarations — Competing interests
27	Materials availability	Declarations; Additional files 1–14. Data, search materials and the machine-readable extraction files are supplied; no new primary data were generated.

Source: Page MJ et al. The PRISMA 2020 statement. BMJ. 2021;372:n71. doi:10.1136/bmj.n71. Official checklist: https://www.prisma-statement.org/prisma-2020-checklist