

Supplementary Table 3. Journal of the American Medical Association benchmark criteria

Score ^b	Score component	
1	Authorship	Provided authorship information
1	Attribution	Listed copyright information and references/sources
1	Currency	Included the initial date and subsequent updates
1	Disclosure	Disclosed any potential conflicts of interest, funding, sponsorship, advertising support or video ownership

b. Each dimension was assessed individually according to its designated criteria, with one point assigned for each criterion fulfilled. The cumulative score across all dimensions produced a final reliability rating from 0 to 4.