| **Section and Topic** | **Item #** | **Checklist item** | **Location where item is reported** |
| --- | --- | --- | --- |
| **TITLE** | | |  |
| Title | 1 | Yes | Page 1 |
| **ABSTRACT** | | |  |
| Abstract | 2 | Yes | Page 1 |
| **INTRODUCTION** | | |  |
| Rationale | 3 | Yes | Pages 1 and 2 |
| Objectives | 4 | Yes (Section 1 and 2) | Pages 2 and 3 |
| **METHODS** | | |  |
| Eligibility criteria | 5 | Yes (Section 3) | Page 4 |
| Information sources | 6 | Yes (Section 3) | Page 4 |
| Search strategy | 7 | Yes (Section 3 and Table 1) | Pages 4 and 5 |
| Selection process | 8 | Yes (Section 3) | Pages 4 and 5 |
| Data collection process | 9 | Yes (Section 3) | Pages 4 and 5 |
| Data items | 10a | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| 10b | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| Study risk of bias assessment | 11 | NA |  |
| Effect measures | 12 | NA |  |
| Synthesis methods | 13a | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| 13b | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| 13c | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
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| 13e | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| 13f | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| Reporting bias assessment | 14 | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| Certainty assessment | 15 | Yes (Sections 3.1 to 3.3) | Pages 5 to 10 |
| **RESULTS** | | |  |
| Study selection | 16a | Yes (Section 4) | Pages 10-19 |
| 16b | Yes (Section 4) | Pages 10-19 |
| Study characteristics | 17 | Yes (Section 4) | Pages 10-19 |
| Risk of bias in studies | 18 | Yes (Section 4) | Pages 10-19 |
| Results of individual studies | 19 | Yes (Section 4) | Pages 10-19 |
| Results of syntheses | 20a | Yes (Sections 4 and 5) | Pages 20-43 |
| 20b | Yes (Sections 4 and 5) | Pages 20-43 |
| 20c | Yes (Sections 4 and 5) | Pages 20-43 |
| 20d | Yes (Sections 4 and 5) | Pages 20-43 |
| Reporting biases | 21 | Yes (Sections 4 and 5) | Pages 20-43 |
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| **DISCUSSION** | | |  |
| Discussion | 23a | Yes (Section 6) | Pages 43-52 |
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| **OTHER INFORMATION** | | |  |
| Registration and protocol | 24a | NA |  |
| 24b | NA |  |
| 24c | NA |  |
| Support | 25 | NA |  |
| Competing interests | 26 | The authors declare no conflicts of interest to report regarding the present study. |  |
| Availability of data, code and other materials | 27 | NA |  |

\*As the checklist was provided upon initial submission, the page number/line number reported may be changed due to copyediting and may not be referable in the published version. In this case, the section/paragraph may be used as an alternative reference.