Supplementary Table S4. PRISMA 2020 checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Page 1, line 1-2
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Abstract section Page 1-2, Line 18 – 40
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Page 2 – 3, Line 43 – 75
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page 3, Line 72 – 75
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Page 3, Line 87 – 97
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Page 3, Line 80 – 82
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Page 3, Line 82 – 85 Supplementary File 1
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Page 3, Line 99 – 102
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Page 3 – 4, Line 100 – 106
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Page 4, Line 114 – 120
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Page 4, Line 105 – 106
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Page 4, Line 109 – 112

Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Page 4, Line 123 – 126
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	Page 4, Line 107 – 109 Supplementary File 3
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Page 4, Line 122 – 124
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Page 4, Line 123 – 129
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Page 4, Line 124 – 132
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Page 4, Line 126 – 127
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Page 4, Line 126 – 132
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Page 4, Line 109 – 110
Certainty assessme nt	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Page 4, Line 126 – 132