<table>
<thead>
<tr>
<th>Section and topic</th>
<th>Item</th>
<th>Checklist item</th>
<th>Location where item is reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title</td>
<td>1</td>
<td>Identify the report as a literature review.</td>
<td>Yes: page 1</td>
</tr>
<tr>
<td>ABSTRACT</td>
<td>2</td>
<td>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. See the PRISMA 2020 for Abstracts checklist for the complete list.</td>
<td>Yes: page 2</td>
</tr>
<tr>
<td>INTRODUCTION</td>
<td>3</td>
<td>Describe the rationale for the review in the context of existing knowledge, i.e., what is already known about your topic.</td>
<td>Yes: page 3</td>
</tr>
<tr>
<td>Objectives</td>
<td>4</td>
<td>Provide an explicit statement of the objective(s) or question(s) the review addresses with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).</td>
<td>Yes: page 3</td>
</tr>
<tr>
<td>Methods</td>
<td>5</td>
<td>Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses with 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.</td>
<td>Yes: page 4</td>
</tr>
<tr>
<td>Eligibility criteria</td>
<td>6</td>
<td>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. Selection process</td>
<td>Yes: page 4</td>
</tr>
<tr>
<td>Information sources</td>
<td>7</td>
<td>Present the full search strategies for all databases, registers and websites, including any filters and limits used.</td>
<td>Yes: Appendix 1</td>
</tr>
<tr>
<td>Search strategy</td>
<td>8</td>
<td>State the process for selecting studies (i.e., screening, eligibility). 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.</td>
<td>Yes: page 4</td>
</tr>
<tr>
<td>Selection process</td>
<td>9</td>
<td>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.</td>
<td>Yes: page 5</td>
</tr>
<tr>
<td>Study risk of bias assessment</td>
<td>10</td>
<td>Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.</td>
<td>Yes: pages 6-10</td>
</tr>
<tr>
<td>Study selection</td>
<td>11</td>
<td>Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.</td>
<td>Yes: Table 1, Appendix 3</td>
</tr>
<tr>
<td>Study characteristics</td>
<td>12</td>
<td>Cite each included study and present its characteristics (e.g., study size, PICOS, follow-up period).</td>
<td>Yes: Table 1</td>
</tr>
<tr>
<td>Risk of bias in studies</td>
<td>13</td>
<td>Present assessments of risk of bias for each included study.</td>
<td>Yes: Figure 5, page 10</td>
</tr>
<tr>
<td>Results of individual studies</td>
<td>14</td>
<td>For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.</td>
<td>Yes: pages 6-10. Figures 1-4C, Appendix 4-5</td>
</tr>
</tbody>
</table>

**Supplementary Fig. 1.** PRISMA 2020 checklist [9]. PRISMA, Preferred Reporting Items for Systematic Reviews and Meta-Analysis.

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**Supplementary Fig. 1.** PRISMA 2020 checklist [9]. PRISMA, Preferred Reporting Items for Systematic Reviews and Meta-Analysis. (Continued)