

Supplementary Table 1. Levels of evidence and grades of recommendation⁷

	Definition	
Level of evidence		
A	Good research-based evidence to support the recommendation Data derived from at least one randomized controlled trial, meta-analysis, or systematic review	
B	Fair research-based evidence to support the recommendation Data derived from at least one well-designed cohort or case-control study without randomization	
C	Fair evidence but insufficient to support the recommendation Data derived from case series or observational studies	
D	Recommendation based on expert opinion and panel consensus Consensus of expert opinions based on experience	
Grade of recommendation		
Class I	The recommendation is supported by level of evidence A. Clinically important outcomes and the study population is representative of the target population of the recommendation.	Is recommended
Class IIa	The recommendation is supported by level of evidence B. Clinically important or validated surrogate outcomes.	Should be considered
Class IIb	The recommendation is supported by level of evidence C or D. The outcome is an unvalidated surrogate condition but clinically important outcome.	May be considered
Class III	The recommendation is supported by level of evidence C or D. Outcome is an unvalidated surrogate for a clinically important population, or the applicability of the study is irrelevant.	Not recommended