

Supplementary Table 1. Quality of reporting of meta-analysis.

Heading	Sub-heading	Descriptor	Reported? (Y/N)	Page number
Title		Identify the report as a meta-analysis (or systematic) review	Y	741
Abstract		Use a structured format	Y	741
		Describe		
	Objectives	The clinical question explicitly	Y	741
	Data sources	The databases (such as, a list) and other information sources	Y	741
	Review methods	The selection criteria (such as, population, intervention, outcome, and study design); methods for validity assessment, data abstraction, and study characteristics, and quantitative data synthesis in sufficient detail to permit replication	Y	741
	Results	Characteristics of the randomised controlled trials included and excluded; qualitative and quantitative findings (such as, point estimates and confidence intervals); and subgroup analyses	Y	741
		The main results		
		Describe		
Introduction		The explicit clinical problem, biological rationale for the intervention, and rationale for review	Y	741–742
Methods	Searching	The information sources, in detail (for example, databases, registers, personal files, expert informants, agencies, hand-searching), and any restrictions (years considered), publication status, language of publication)	Y	742
	Selection	The inclusion and exclusion criteria (defining population, intervention, principal outcomes, and study design)	Y	742
	Validity assessment	The criteria and process used (for example, masked conditions, quality assessment, and their findings)	Y	742
	Data abstraction	The process or processes used (for example, completed independently, in duplicate)	Y	742
	Study characteristics	The type of study design, participants' characteristics, details of intervention, outcome definitions, and how clinical heterogeneity was assessed	Y	742
	Quantitative data synthesis	The principal measures of effect (for example, relative risk), method of combining results (statistical testing and confidence intervals), handling of missing data; how statistical heterogeneity was assessed; a rationale for any a priori sensitivity and subgroup analyses; and any assessment of publication bias	Y	742
Results	Trial flow	Provide a meta-analysis profile summarising trial flow	Y	Supp. Fig 1 ^a
	Study characteristics	Present descriptive data for each trial (for example age, sample size, intervention, dose, duration, follow-up period)	Y	745, Table 2
	Quantitative data synthesis	Report agreement on the selection and validity assessment; present simple summary results (for each treatment group in each trial, for each primary outcome); present data needed to calculate effect sizes and confidence intervals in intention-to treat analyses (for example, 2 × 2 tables of counts, means and SDs, proportions)	Y	743–746
Discussion		Summarise key findings; discuss clinical inferences based on internal and external validity; interpret the results in light of the totality of available evidence; describe potential biases in the review process (for example, publication bias); and suggest a future research agenda	Y	746–747

^aSee Supplementary Figure 1.