

**Supplemental Table 2. PRISMA checklist**

Section/topic	#	Checklist item	Reported on page #
<b>TITLE</b>			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	Title page
<b>ABSTRACT</b>			
Structured summary	2	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; systematic review registration number.	Page 1
<b>INTRODUCTION</b>			
Rationale	3	Describe the rationale for the review in the context of what is already known.	Page 2 - 3, lines 68 - 77
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	Page 2 - 3, lines 73-77 & PICOS framework in <b>Supplemental Table 1</b>
<b>METHODS</b>			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	Page 3, lines 96-99
Eligibility criteria	6	Specify 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.	Page 3, lines 81-93
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	Page 3, lines 101 - 103
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	Page 4, line 111 and <b>Supplemental Table 3</b> of search strategy in PubMed
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	Page 4, lines 114-120
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	Page 4, lines 123 -130
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	Page 4, lines 125-130; PICOS framework in <b>Supplemental Table 1</b>
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	Page 4, lines 133 - 135
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	Page 5, lines 150-155
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., $I^2$ for each meta-analysis).	Page 5, lines 157-162

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Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	Page 4, lines 137-138
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	Page 5, line 143 - 148
<b>RESULTS</b>			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	Page 5, lines 166-172 & <b>Figure 1, Supplemental Table 4</b>
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	Page 6, lines 175-189 & <b>Table 3</b>
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	Page 6-7, lines 204 - 210 & <b>Supplemental Table 5</b>
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	Page 7-8, lines 213-255, <b>Figures 2 - 5 &amp; Supplemental Figures 2- 17</b>
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	Page 7-8, lines 203-243, <b>Figures 2 - 5 &amp; Supplemental Figures 2- 17</b>
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	Page 7, lines 219 – 221, 236 – 241; page 8, lines 246 – 255; <b>Supplemental Figure 1</b>
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	Page 7, lines 227 – 229; 234 – 236.
<b>DISCUSSION</b>			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	Page 8 -10, lines 259-343
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	Page 11, lines 345 - 363
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	Page 11, lines 366 - 374
<b>FUNDING</b>			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	Page 11, line 377