

Table S1. JBI Critical Appraisal Checklist for Systematic Reviews and Research Syntheses

	Yes	No	Unclear	Not applicable
1. Is the review question clearly and explicitly stated?	✓			
2. Were the inclusion criteria appropriate for the review question?	✓			
3. Was the search strategy appropriate?	✓			
4. Were the sources and resources used to search for studies adequate?	✓			
5. Were the criteria for appraising studies appropriate?	✓			
6. Was critical appraisal conducted by two or more reviewers independently?	✓			
7. Were there methods to minimize errors in data extraction?	✓			
8. Were the methods used to combine studies appropriate?	✓			
9. Was the likelihood of publication bias assessed?	✓			
10. Were recommendations for policy and/or practice supported by the reported data?	✓			
11. Were the specific directives for new research appropriate?	✓			

Overall appraisal: Include Exclude Seek further info