

## Online Resource 2. Level of evidence ranking system based on study design

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LoE	Study design
I	Systematic review or meta-analysis of randomised controlled clinical trials
II	Randomised controlled clinical trial
III	Controlled clinical trial
IV	Cohort study, case control study, systematic review or meta-analysis of cohort or case control studies
V	Cross-sectional study, case series study, systematic review or meta-analysis of cross-sectional studies, case series or case reports
VI	Case report
VII	Narrative literature review, panel and expert opinion, systematic review or meta-analysis of narrative reviews, editorials, guidelines, comments, perspectives
0	Animal research, <i>in vitro</i> / lab studies, systematic review or meta-analysis of animal, <i>in vitro</i> / lab studies

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