

**Supplementary Material 2.** Characteristics of excluded studies

Study	Reason
Kakizaki et al. [23] 2020	Wrong study population (participants with overactive bladder)
Matsukawa et al. [26] 2019	Wrong study population (participants with overactive bladder)
Nitti et al. [22] 2012	Abstracts only
Nitti et al. [23] 2013	Wrong study population (participants with overactive bladder)
Tubaro et al. [12] 2017	Wrong study population (participants with overactive bladder)
CTRI/2018/12/016541	Ongoing