

Assessment for the methodological quality.

| <b>First author, Year</b>      | <b>Selection bias</b> | <b>Study design</b> | <b>Confounders</b> | <b>Blinding</b>       | <b>Data collection methods</b> | <b>Withdrawals and dropouts</b> | <b>Overall quality<sup>b</sup></b> |
|--------------------------------|-----------------------|---------------------|--------------------|-----------------------|--------------------------------|---------------------------------|------------------------------------|
| Al-Ofi et al., 2019            | Strong                | Strong              | Strong             | Moderate <sup>a</sup> | Strong                         | Strong                          | Strong                             |
| Borgen et al., 2019            | Moderate              | Strong              | Strong             | Moderate              | Strong                         | Strong                          | Strong                             |
| Bromuri et al., 2016           | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Carolan-Olah et al., 2019      | Strong                | Strong              | Strong             | Moderate <sup>a</sup> | Strong                         | Strong                          | Strong                             |
| Carral et al., 2015            | Strong                | Strong              | Weak               | Moderate <sup>a</sup> | Strong                         | Strong                          | Moderate                           |
| Garnweidner-Holme et al., 2020 | Moderate              | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Ghaderi et al., 2019           | Weak                  | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Weak                               |
| Ghaderi et al., 2022           | Weak                  | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Weak                               |
| Ghasemi et al., 2021           | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Guo et al., 2019               | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Homko et al., 2007             | Weak                  | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Weak                               |
| Homko et al., 2012             | Weak                  | Strong              | Strong             | Moderate <sup>a</sup> | Strong                         | Strong                          | Moderate                           |
| Huang et al., 2021             | Strong                | Strong              | Strong             | Moderate <sup>a</sup> | Strong                         | Strong                          | Strong                             |
| Kim et al., 2019               | Strong                | Strong              | Strong             | Weak                  | Strong                         | Moderate                        | Moderate                           |
| Lemelin et al., 2020           | Strong                | Strong              | Weak               | Weak                  | Strong                         | Strong                          | Weak                               |
| Mackillop et al., 2018         | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Miremberg et al., 2018         | Strong                | Strong              | Strong             | Moderate              | Strong                         | Strong                          | Strong                             |
| Rasekaba et al., 2018          | Moderate              | Strong              | Strong             | Moderate              | Strong                         | Strong                          | Strong                             |
| Sayakhot et al., 2016          | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Simsek-Cetinkaya et al., 2022  | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Sung et al., 2019              | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Tian et al., 2021              | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Yang et al., 2018              | Strong                | Strong              | Strong             | Moderate <sup>a</sup> | Strong                         | Strong                          | Strong                             |
| Yew et al., 2021               | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |
| Zhuo et al., 2022              | Strong                | Strong              | Strong             | Weak                  | Strong                         | Strong                          | Moderate                           |

<sup>a</sup>: Non-blind trial. The aspect of blinding was rated as "moderate" because only objective outcomes were assessed, which were relatively less likely to be affected by blinding.

<sup>b</sup>: Strong represented that a study received no weak ratings. Moderate represented that a study received one weak rating. Weak represented that a study received two or more weak ratings.