

SUPPLEMENTARY DIGITAL MATERIAL 3

Supplementary Table I.—AMSTAR assessment.

Items	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Confidence
<b>Articles</b>																	
Ahn et al. (2019)	X	0	X	X/0	X	X	X	X/0	X	X	X	X	X	X	X	X	M
Al-Whaibi et al. (2021)	X	0	X	X/0	X	X	X	X	X	0	X	X	X	X	X	X	L
Aminov et al. (2018)	X	X/0	X	X/0	X	X	X	X	X	X	X	X	X	X	X	X	H
Bertani et al. (2017)	X	0	X	X/0	0	0	X	0	X	0	X	0	0	X	0	X	L
Chien et al. (2020)	X	X/0	X	X/0	X	X	X	X	X	X	X	0	X	X	0	X	M
Coupar et al. (2012)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	X	H
Da-Silva et al. (2018)	0	X	X	X/0	X	X	X	0	X	X	X	X	0	X	X	X	L
Dominguez-Téllez et al. (2020)	0	X/0	X	X/0	X	X	X	0	X	X	X	0	0	0	0	X	L
Doumas et al. (2021)	X	X	X	X	X	X	X	X	X	0	X	X	X	X	X	X	H
Fang et al. (2022)	X	0	X	X	0	X	X	X/0	X	0	X	X	X	X	X	0	L
Ferreira et al. (2018)	X	X	X	X/0	0	0	X	X	X	X	X	X	X	0	X	X	M
Karamians et al. (2020)	0	X	0	X/0	0	0	X	0	X	X	X	X	X	X	0	X	M
Kwakkel et al. (2008)	X	0	X	X	0	0	0	X/0	X	0	X	X	X	X	0	0	M
Laver et al. (2020)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	H
Laver et al. (2017)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	H
Lee et al. (2019)	X	X/0	X	X/0	0	0	X	X/0	X	0	X	X	X	X	X	X	H
Li et al. (2021)	X	0	X	X	0	X	X/0	X	X	X	X	0	X	X	X	0	L
Lo et al. (2017)	X	X	X	X/0	0	0	X	X/0	X	X	X	X	X	X	X	X	M
Lohse et al. (2014)	X	X	X	X/0	X	X	X	X/0	X	X	X	X	0	X	X	X	L
Maier et al. (2019)	X	X/0	X	X/0	X	X	X	X/0	X	X	X	X	X	X	X	X	H
Mansour et al. (2021)	0	0	X	X	0	0	X	X	X	0	X	X	X	X	X	X	L
Mehrholz et al. (2020)	X	X	X	X	X	X	X	X/0	X	X	X	X	X	X	0	X	H
Merkbib et al. (2020)	X	X/0	X	X/0	0	X	X	X/0	X	X	X	0	0	X	0	X	L
Norouzi-Gheidari et al. (2012)	X	0	X	X/0	X	0	X	0	X	X	X	0	X	0	0	X	M
Peng et al. (2021)	X	0	0	X	X	X	X	X/0	X	0	X	X	X	X	X	0	L
Prange et al. (2006)	X	0	X	X/0	X	X	X	X/0	X	0	X	X	X	0	0	X	M
Rintala et al. (2019)	X	X	X	X/0	X	X	X	X/0	X	0	X	X	X	X	X	0	M
Rozevink et al. (2021)	X	X	0	X	X	X	X	X	X/0	0	X	X	X	0	0	X	L
Saposnik et al. (2011)	0	0	0	X/0	X	0	0	0	0	X	X	X	0	X	X	0	CL
Tchero et al. (2018)	0	X/0	X	X/0	X	X	X	X/0	X	0	X	0	0	X	X	X	L
Veerbeek et al. (2017)	X	0	X	X/0	0	0	X	X/0	X	X	X	0	0	X	0	X	L
Zhang et al. (2017)	X	X/0	X	X/0	X	0	0	X/0	X	0	0	X	X	0	0	X	L
Zhao et al. (2022)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	H

**Abbreviations:** CL: critically low, H: high, L: low, M: moderate, X: yes X/0: partially yes, 0: no