

Supplementary Table 1 Quality of included studies based on the AMSTAR-2

Study	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Q15	Q16	Quality
Persson, 2024	Yes	No	Yes	Yes	Yes	Yes	Yes	Partially yes	Yes	Yes	YES	No	No	Yes	Yes	Yes	Moderate
Calaca, 2017	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	No	No	Yes	No	YES	Moderate
Ouyang, 2018	YES	No	Yes	Yes	Yes	No	Partially yes	Partially yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Moderate
Chen, 2023	Yes	No	Yes	Partially yes	No	Yes	Yes	Partially yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Moderate
Amitay, 2020	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High
Chen, 2020	Yes	No	Yes	Yes	Yes	Yes	Partially yes	Partially yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Moderate
Zeng, 2021	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High
He, 2013	Yes	No	Yes	Yes	No	Yes	Yes	Partially yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	YES	High
An, 2022	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Partially yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High
Maísa, 2022	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Partially yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High
Ye, 2023	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Partially yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High

1. Did the research questions and inclusion criteria for the review include the components of PICO? 2. Did the report of the review contain an explicit statement that the review methods were established prior to the conduct of the review and did the report justify any significant deviations from the protocol? 3. Did the review authors explain their selection of the study designs for inclusion in the review? 4. Did the review authors use a comprehensive literature search strategy? 5. Did the review authors perform study selection in duplicate? 6. Did the review authors perform data extraction in duplicate? 7. Did the review authors provide a list of excluded studies and justify the exclusions? 8. Did the review authors describe the included studies in adequate detail? 9. Did the review authors use a satisfactory technique for assessing the risk of bias (RoB) in individual studies that were included in the review? 10. Did the review authors report on the sources of funding for the studies included in the review? 11. If meta-analysis was performed, did the review authors use appropriate methods for statistical combination of results? 12. If meta-analysis was performed, did the review authors assess the potential impact of RoB in individual studies on the results of the meta-analysis or other evidence synthesis? 13. Did the review authors account for RoB in individual studies when interpreting/discussing the results of the review? 14. Did the review authors provide a satisfactory explanation for, and discussion of, any heterogeneity observed in the results of the review? 15. If they performed quantitative synthesis, did the review authors carry out an adequate investigation of publication bias (small study bias) and discuss its likely impact on the results of the review? 16. Did the review authors report any potential sources of conflict of interest, including any funding they received for conducting the review? Each question was answered with “Yes”, “Partially Yes” or “No”. When no meta-analysis was done, question 11, 12, and 15 were answered with “No meta-analysis conducted.”