

Supplementary Table 1 - Quality assessment of nonrandomised studies with the Methodological Index for Non-Randomized Studies (MINORS).

Study	Stated aim	Consecutive inclusion	Prospective data collection	Appropriate endpoints	Unbiased assessment	Appropriate follow-up	Loss to follow-up <5%	Prospective study size calculation	Adequate control ^a	Contemporary groups ^a	Baseline equivalence ^a	Adequate statistical analyses ^a	Total points ^b
E Penna FGC et al.,2020	2	2	2	2	2	2	2	0	2	2	2	2	22
Hiraoka S et al.,2018	2	2	2	2	2	2	2	0	NA	NA	NA	NA	14
Lee YW, et al., 2019	2	2	2	2	2	0	0	0	NA	NA	NA	NA	10
Lin WC et al.,2015	2	2	2	2	2	NA	NA	0	NA	NA	NA	NA	10
Vázquez Morón JM et al.,2017	2	2	2	2	0	2	2	0	NA	NA	NA	NA	12
Hassan et al.,2017	2	2	2	2	1	2	2	0	NA	NA	NA	NA	13
Kristensen V et al.,2017	2	2	2	2	0	2	2	0	NA	NA	NA	NA	12
Shinzaki S et at.,2017	2	2	0	2	1	1	1	0	1	1	1	1	13
Neubauer K et al.,2019	2	2	2	2	0	2	2	0	2	2	2	2	18
Nakov et al.,2019	2	2	2	2	0	2	2	0	NA	NA	NA	NA	12
Budzynska et al.,2017	2	2	2	2	0	NA	NA	0	NA	NA	NA	NA	8
Mavropoulou et al.,2020	2	2	2	2	1	2	2	0	NA	NA	NA	NA	13
D'Haens G et al.,2020	2	2	2	2	2	2	2	2	2	2	2	2	24
Gubatan J et al.,2019	2	2	2	2	2	2	2	0	NA	NA	NA	NA	14
Ryu DG et al.,2019	2	0	0	2	0	0	0	0	NA	NA	NA	NA	4
Ryu DG et al.,2016	2	0	0	2	0	NA	NA	0	NA	NA	NA	NA	4
Kostas A et al.,2017	2	2	0	2	0	2	2	0	NA	NA	NA	NA	10
Yen HH et al.2019	2	0	0	0	1	NA	NA	NA	NA	NA	NA	NA	3
Wakai M et al.,2020	2	2	0	2	2	2	2	NA	NA	NA	NA	NA	12

Planell N et al.,2017	2	2	2	2	2	2	2	0	2	2	2	2	22
Urushikubo J et al.,2018	2	1	1	2	0	2	1	1	NA	NA	NA	NA	9
Dierckx T et al.,2019	2	2	2	2	0	2	2	0	NA	NA	NA	NA	12

NA: not applicable.

^aDoes not apply to non-comparative studies.

^bRisk of bias: for comparative studies: low (24 points), medium (21–23 points), high (<21 points), for non-comparative studies: low (16 points), medium (13–15 points), high (<15).

Supplementary Table 2 - Quality assessment of randomised controlled trials with Cochrane Risk of Bias Tool.

Study	Random sequence generation	Allocation concealment	Blinding of participants and study personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other source of bias	Overall risk of bias
Reinisch W et al.,	High	High	High	High	Low	Unclear	Low	Low