

Supplementary Table 1 Description of GRADE evidence quality

Evidence grading	Code	Specific description
High	A	The true effect size is highly likely to approximate the estimated value
Moderate	B	The true value may be close to the estimate, but substantial differences remain plausible
Low	C	The true value may differ considerably from the estimate
Very low	D	The true value is likely to substantially deviate from the estimate

Supplementary Table 2 GRADE recommended intensity grading and expression

Recommendation level	Recommendation words	Code
Strong recommendation in favor of the intervention	Strong recommendation	1
Weak recommendation in favor of the intervention	Weak recommendation	2
No recommendation (uncertainty)	Neutral	0
Strong recommendation against the intervention	Strong recommendation against	-1
Weak recommendation against the intervention	Weak recommendation against	-2