

Supplementary material – Table S3: Quality appraisal									
	Q1-Selection bias	Q2-Study design	Q3-Confounders	Q4-Blinding	Q5-Data collection methods	Q6-Withdrawals and drop-outs	Q7-Intervention integrity*	Q8-Analyses*	Q9-Global rating
Abdo et al. 2019	Strong	Weak	Moderate	Moderate	Moderate	Strong	Moderate	Moderate	Moderate
Ahmed et al. 2018	Strong	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Moderate
Ara et al. 2015	Weak	Moderate	Weak	Moderate	Moderate	Weak	Moderate	Weak	Weak
Ara et al. 2022	Moderate	Moderate	Weak	Moderate	Moderate	Weak	Moderate	Moderate	Weak
El-Gilany et al. 2017	Moderate	Strong	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Strong
Elnour et al. 2015	Strong	Moderate	Strong	Moderate	Moderate	Moderate	Moderate	Strong	Strong
Fraifeld et al. 2021	Weak	Moderate	Weak	Moderate	Weak	Moderate	Moderate	Strong	Weak
Hosny et al. 2018	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Jarvis et al. 2009	Moderate	Moderate	Weak	Moderate	Weak	Moderate	Weak	Moderate	Weak
Johnson et al. 2013	Weak	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Joseph et al. 2015	Moderate	Moderate	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate
Krishnan et al. 2015	Moderate	Moderate	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate
Kumar et al. 2015	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Strong	Moderate	Strong
Kumar et al. 2016	Weak	Moderate	Weak	Moderate	Weak	Moderate	Strong	Moderate	Weak

Kumar et al. 2016b	Moderate	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Moderate
Ozder et al. 2010	Strong	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Moderate
Robat et al. 2022	Strong	Strong	Moderate	Moderate	Strong	Moderate	Moderate	Moderate	Strong
Rohilla et al. 2014	Moderate	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Moderate
Sapkota et al. 2014	Moderate	Moderate	Moderate	Moderate	Strong	Moderate	Moderate	Moderate	Strong
Shaheen et al. 2020	Moderate	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Moderate
Singh et al. 2020	Weak	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Weak
Tabash et al. 2016	Moderate	Moderate	Moderate	Moderate	Weak	Strong	Moderate	Moderate	Moderate
Tabrizi et al. 2019	Strong	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Strong
Wu et al. 2019	Moderate	Moderate	Moderate	Moderate	Weak	Moderate	Moderate	Moderate	Moderate
*These items were not considered in the global rating									