

Supplementary Table S1. Methodological quality assessment \*.

Criteria	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	Total
AlBahrani et al. [36]	0	1	0	N/D	1	1	0	N/D	1	1	1	N/D	0	1	1	N/D	0	7
Torrego-Ellacuría et al. [37]	1	1	0	N/D	1	0	0	N/D	1	1	0	N/D	0	1	1	N/D	0	7
Tong [38]	1	1	0	N/D	1	0	1	N/D	0	1	0	N/D	0	1	1	N/D	0	7
Tonietto et al. [50]	1	1	1	N/D	1	0	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Yamamoto et al. [39]	1	1	0	N/D	1	0	1	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Zahid et al. [27]	1	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	10
Caccialanza et al. [40]	0	1	1	N/D	1	1	0	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Palaiodimos et al. [51]	1	1	1	N/D	1	1	1	N/D	0	1	0	N/D	0	1	1	N/D	0	9
Salvy et al. [28]	1	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	10
Stevanovic et al. [29]	1	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	10
Agca et al. [30]	1	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	10
Al-Salameh et al. [52]	1	1	1	N/D	1	1	0	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Azarkar et al. [41]	0	1	1	N/D	1	1	0	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Cai et al. [53]	1	1	0	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Gao et al. [35]	0	0	0	N/D	0	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	6
Gil et al. [31]	1	1	1	N/D	1	1	1	N/D	1	1	1	N/D	0	1	1	N/D	0	11
Jayanama et al. [54]	1	1	0	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Kang et al. [42]	1	1	0	N/D	0	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Le Guen et al. [55]	1	1	0	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Lucar et al. [56]	1	1	0	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Martínez Urbistondo et al. [43]	1	1	0	N/D	0	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Martinuzzi et al. [44]	1	0	1	N/D	0	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	8
McNeill et al. [45]	1	1	1	N/D	0	0	1	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Naaraayan et al. [32]	1	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	10
Ninomiya et al. [57]	1	1	1	N/D	0	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Okauchi et al. [58]	0	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Pérez-Cruz et al. [46]	1	1	0	N/D	1	1	0	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Ye et al. [59]	0	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Zeng et al. [33]	1	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	10
Al-Sabah et al. [47]	0	1	0	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Anderson et al. [48]	1	1	0	N/D	1	1	0	N/D	1	1	0	N/D	0	1	1	N/D	0	8
Kaeuffer et al. [60]	1	1	0	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Mostaghim et al. [61]	1	1	0	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	9
Nakeshbandi et al. [34]	1	1	1	N/D	1	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	10
Rao et al. [49]	1	0	1	N/D	0	1	1	N/D	1	1	0	N/D	0	1	1	N/D	0	8

Note: \* According to the Downs & Black checklist. N/D: not determined; 1: complies; 0: does not comply. Criteria: 1: Is the hypothesis/objective of the study clearly described? 2: Are the main outcomes to be measured clearly described in the introduction or methods section? 3: Are the patients' characteristics in the study clearly described? 4: Are the interventions of interest clearly described? 5: Are the distributions of the main confounding factors in each group of subjects to be compared clearly described? 6: Are the main findings of the study clearly described? 7: Does the study provide estimates of random variability in the data for the main outcomes? 8: Have all important adverse events that may result from the intervention been reported? 9: Have actual probability values (e.g., 0.035 instead of <0.05) been reported for the main outcomes, except when the probability value is less than 0.001? 10: Are the sample selection procedures clearly described? 11: Were the study participants representative of the population from which they were recruited? 12: Was there an attempt to blind those who measured the results of the intervention? 13: Was it clear whether any of the study results were based on data mining (i.e., misuse of data analysis to present them as statistically significant)? 14: Were appropriate statistical tests used to assess the main outcomes? 15: Were accurate (valid and reliable) main outcome measures used? 16: Were patients recruited from the same population in different intervention groups (trials and cohort studies) or cases and controls (case-control studies)? 17: Was there an adequate adjustment for confounding in the analyses from which the main findings were drawn?