

Figure S1. Forest plot for subgroup analysis on female proportion

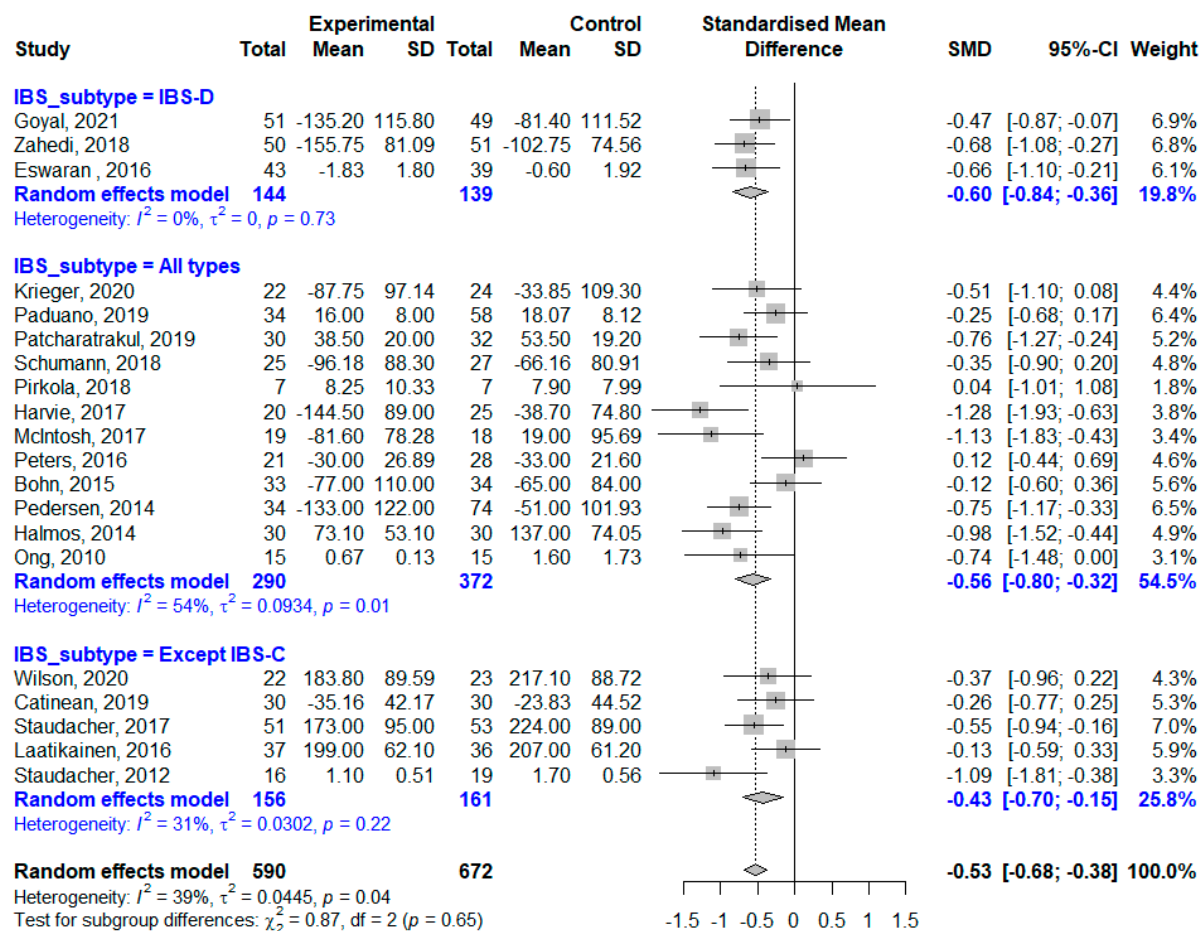


Figure S2. Forest plot for subgroup analysis on IBS subtype

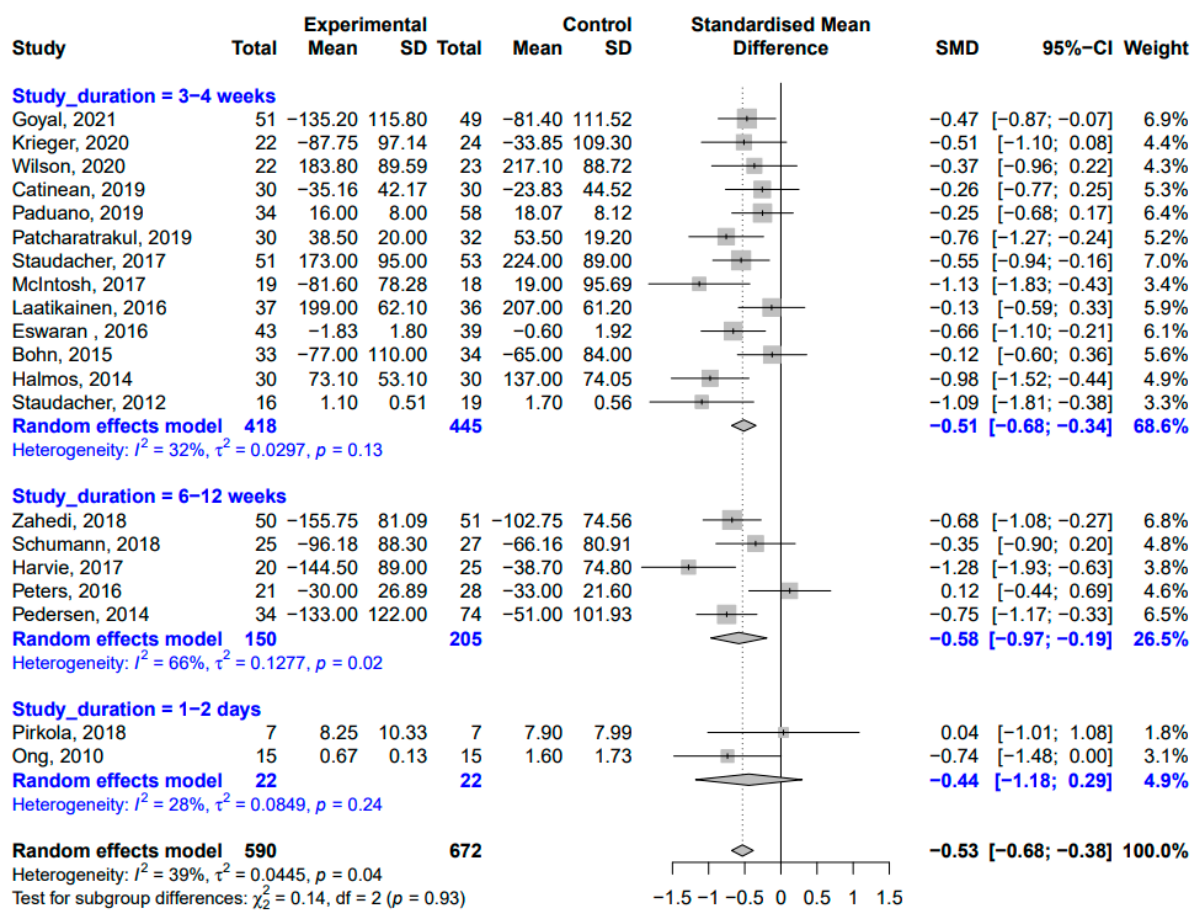


Figure S3. Forest plot for subgroup analysis on study duration

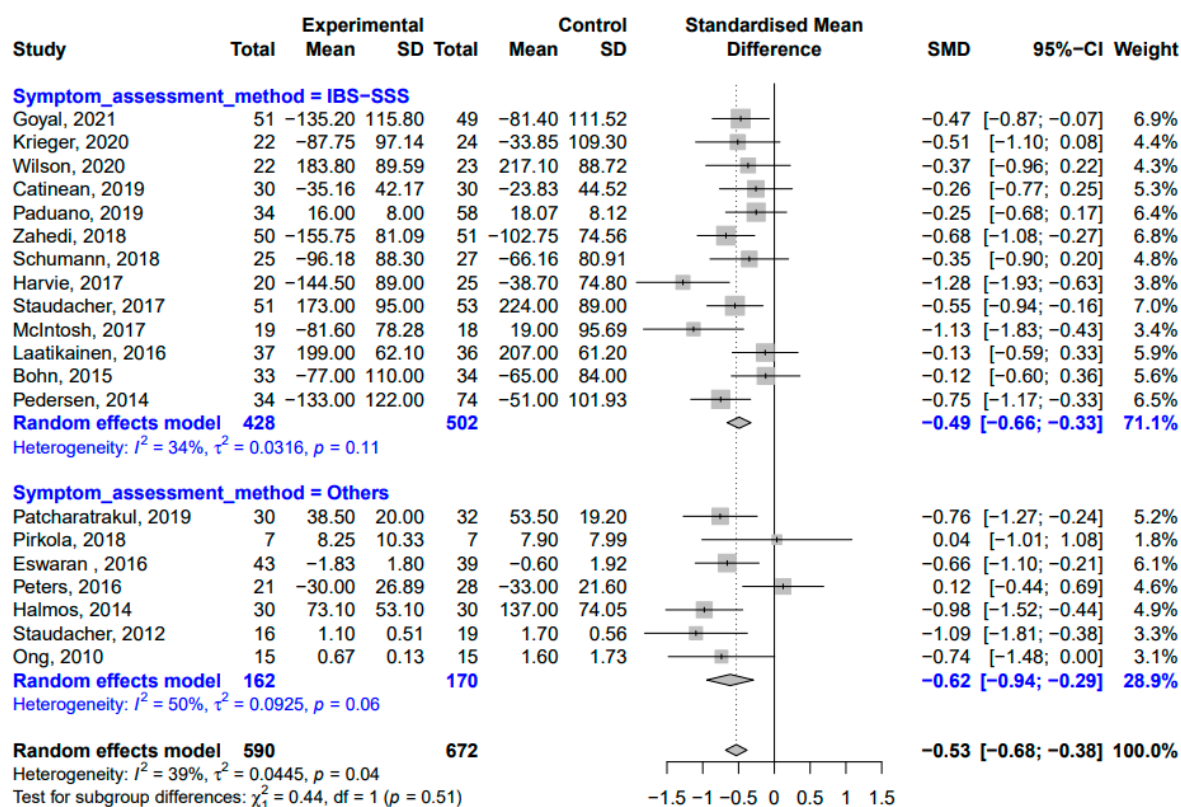


Figure S4. Forest plot for subgroup analysis on symptom assessment method

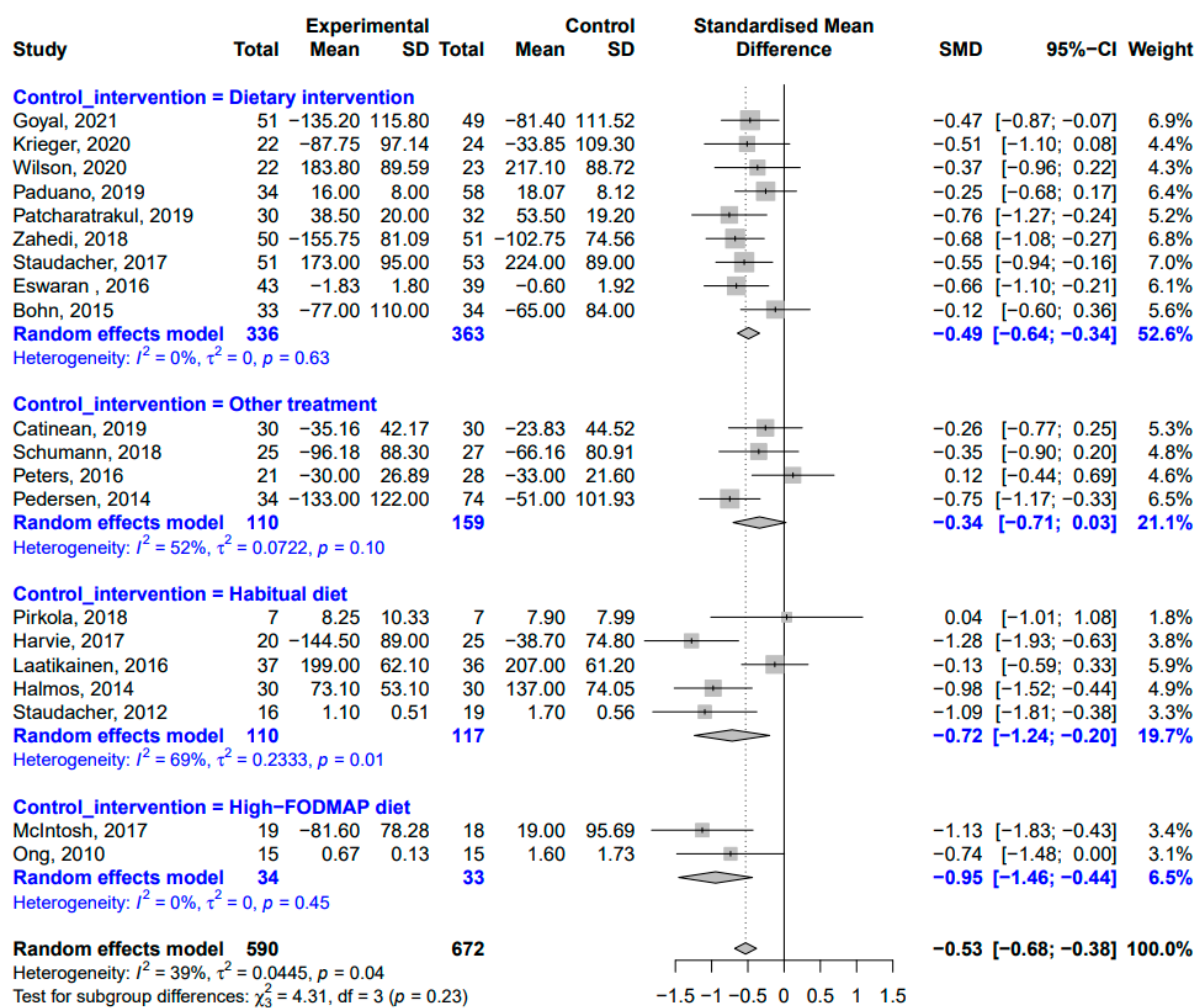


Figure S5. Forest plot for subgroup analysis on control group type

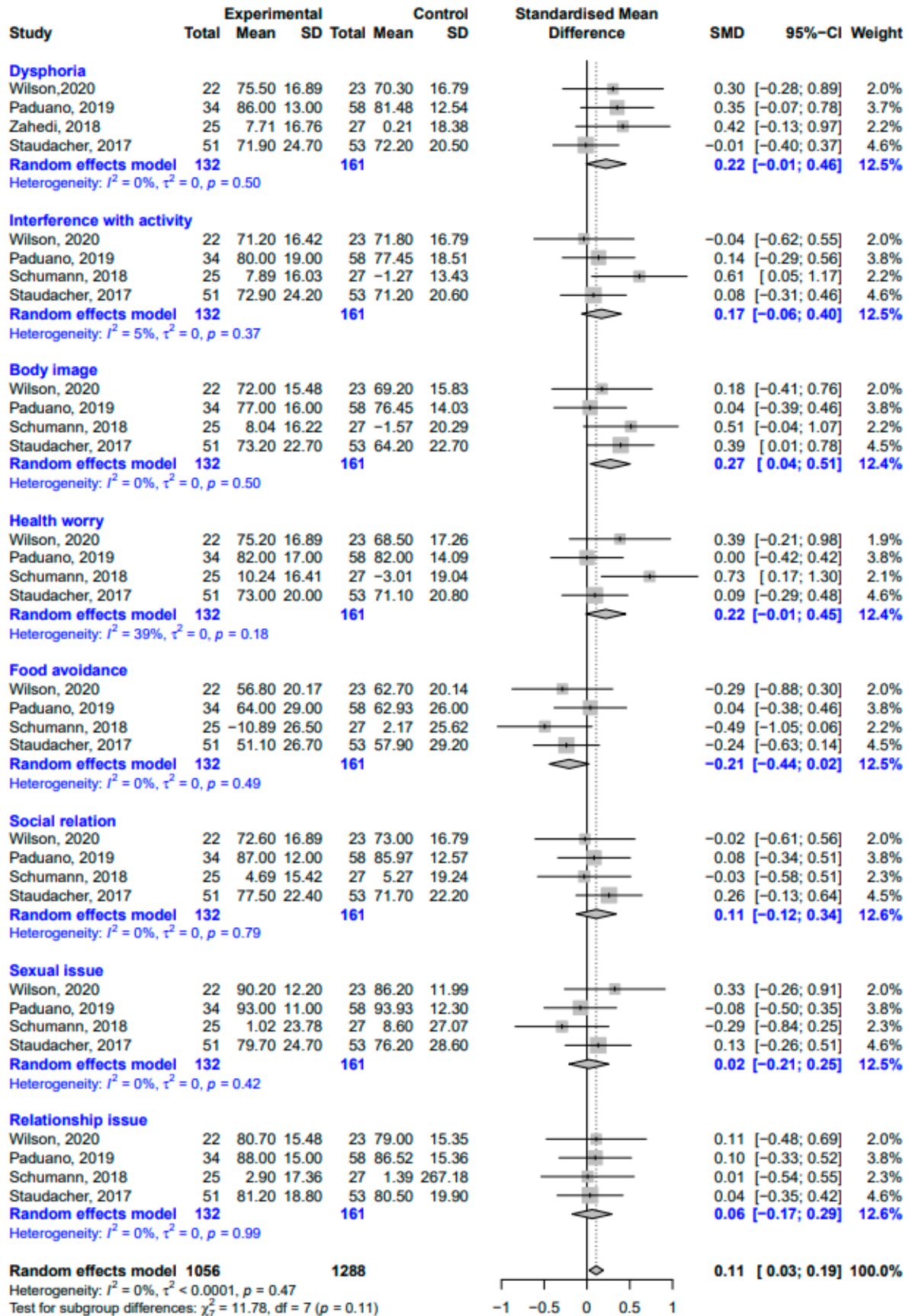


Figure S6. Forest plot showing standardized mean differences for IBS-QoL subscale score

Table S1. Sensitivity analysis for the outcome of IBS symptoms severity

Omitting	SMD [95% CI]
Goyal, 2021	0.528 [-0.647; -0.409]
Krieger, 2020	0.524 [-0.640; -0.407]
Wilson, 2020	0.529 [-0.646; -0.413]
Catinean, 2019	0.537 [-0.655; -0.420]
Paduano, 2019	0.544 [-0.663; -0.426]
Patcharatrakul, 2019	0.511 [-0.628; -0.394]
Zahedi, 2018	0.51 [-0.629; -0.391]
Schumann, 2018	0.531 [-0.648; -0.414]
Pirkola, 2018	0.53 [-0.645; -0.415]
Harvie, 2017	0.499 [-0.615; -0.383]
Staudacher, 2017	0.521 [-0.640; -0.401]
McIntosh, 2017	0.507 [-0.622; -0.391]
Laatikainen, 2016	0.549 [-0.667; -0.431]
Eswaran, 2016	0.514 [-0.632; -0.396]
Peters, 2016	0.551 [-0.667; -0.434]
Bohn, 2015	0.547 [-0.665; -0.430]
Pedersen, 2014	0.505 [-0.624; -0.386]
Halmos, 2014	0.502 [-0.619; -0.385]
Staudacher, 2012	0.509 [-0.624; -0.393]
Ong, 2010	0.518 [-0.634; -0.403]
Goyal, 2021	0.528 [-0.647; -0.409]

Table S2. Sensitivity analysis for the outcome of IBS-related quality of life

Omitting	SMD (95% CI)
Goyal, 2021	0.223 [0.076; 0.371]
Wilson, 2020	0.185 [0.076; 0.371]
Paduano, 2019	0.211 [0.065; 0.358]
Zahedi, 2018	0.275 [0.127; 0.423]
Schumann, 2018	0.203 [0.060; 0.346]
Eswaran, 2017	0.164 [0.019; 0.310]
Harvie, 2017	0.169 [0.027; 0.311]
Staudacher, 2017	0.231 [0.083; 0.380]
Laatikainen, 2016	0.241 [0.096; 0.386]
Peters, 2016	0.244 [0.102; 0.385]
Pedersen, 2014	0.207 [0.060; 0.354]