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| Section/topic | Item No | Checklist item | Reported on page No |
| **Title** | | | |
| Title | 1 | Identify the report as a systematic review, meta-analysis, or both | Page 1, line 1 |
| **Abstract** | | | |
| Structured summary | 2 | Provide a structured summary including, as applicable, background, objectives, data sources, study eligibility criteria, participants, interventions, study appraisal and synthesis methods, results, limitations, conclusions and implications of key findings, systematic review registration number | Page 4 |
| **Introduction** | | | |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known | Page 5, lines 81-129 |
| Objectives | 4 | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS) | Page 5, line 129 to page 6, line 131 |
| **Methods** | | | |
| Protocol and registration | 5 | Indicate if a review protocol exists, if and where it can be accessed (such as web address), and, if available, provide registration information including registration number | Not applicable |
| Eligibility criteria | 6 | Specify study characteristics (such as PICOS, length of follow-up) and report characteristics (such as years considered, language, publication status) used as criteria for eligibility, giving rationale | Page 7, line 133 |
| Information sources | 7 | Describe all information sources (such as databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched | Page 7, line 141 |
| Search | 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated | Page 7, line 145 |
| Study selection | 9 | State the process for selecting studies (that is, screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis) | Page 7, line 149 |
| Data collection process | 10 | Describe method of data extraction from reports (such as piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators | Page 8, line 155 |
| Data items | 11 | List and define all variables for which data were sought (such as PICOS, funding sources) and any assumptions and simplifications made | Page 8, line 155 |
| Risk of bias in individual studies | 12 | Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis | Page 19, line 432- 453 |
| Summary measures | 13 | State the principal summary measures (such as risk ratio, difference in means). | Page 8, line 161 |
| Synthesis of results | 14 | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (such as I2 statistic) for each meta-analysis | Page 8, line 169 to page 10, line 229 |
| Risk of bias across studies | 15 | Specify any assessment of risk of bias that may affect the cumulative evidence (such as publication bias, selective reporting within studies) | Page 19, line 432- 453 |
| Additional analyses | 16 | Describe methods of additional analyses (such as sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified | Page 14, line 321 |
| **Results** | | | |
| Study selection | 17 | Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram | Page 11, line 231 |
| Study characteristics | 18 | For each study, present characteristics for which data were extracted (such as study size, PICOS, follow-up period) and provide the citations | Page 11, line 232 |
| Risk of bias within studies | 19 | Present data on risk of bias of each study and, if available, any outcome-level assessment (see item 12). | Page 19, line 432- 453 |
| Results of individual studies | 20 | For all outcomes considered (benefits or harms), present for each study (a) simple summary data for each intervention group and (b) effect estimates and confidence intervals, ideally with a forest plot | Page 11, line 232 |
| Synthesis of results | 21 | Present results of each meta-analysis done, including confidence intervals and measures of consistency | Page 11, line 253 |
| Risk of bias across studies | 22 | Present results of any assessment of risk of bias across studies (see item 15) | Page 19, line 432- 453 |
| Additional analysis | 23 | Give results of additional analyses, if done (such as sensitivity or subgroup analyses, meta-regression) (see item 16) | Page 14, line 321 |
| **Discussion** | | | |
| Summary of evidence | 24 | Summarise the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (such as health care providers, users, and policy makers) | Page 15, line 331 |
| Limitations | 25 | Discuss limitations at study and outcome level (such as risk of bias), and at review level (such as incomplete retrieval of identified research, reporting bias) | Page 17, line 381 |
| Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research | Page 18, line 427 |
| **Funding** | | | |
| Funding | 27 | Describe sources of funding for the systematic review and other support (such as supply of data) and role of funders for the systematic review | Page 2, line 25 |