

Supplementary Table S1. *Risk of bias assessment in randomized clinical trials (RCTs).*

First Author (year of publication)	Randomization process	Deviation from intended intervention	Missing outcome data	Measurement of the outcome	Selection of the reported results	Overall risk of bias
Awad et al. (1997a)	Low	Low	Moderate	Moderate	Moderate	Moderate
Hamilton et al. (1998)	Low	Low	Low	Low	Low	Low
Awad et al. (2014)	Moderate	Low	Low	Low	Low	Moderate
Naber et al. (2013)	Moderate	Low	Moderate	Low	Low	Moderate
Lin et al. (2013)	Moderate	Moderate	Low	Moderate	Moderate	Moderate
Kusumi et al. (2012)	Low	Moderate	Low	Low	Low	Moderate
Ishigooka et al. (2021)	Low	Moderate	High	High	Moderate	High
Iyo et al. (2021)	Moderate	Moderate	High	High	Moderate	High
Veselinovic et al. (2019)	Low	Low	Low	Moderate	Moderate	Moderate
Gründer et al. (2016)	Low	Moderate	Moderate	Moderate	High	High
Fervaha et al. (2014)	Moderate	Low	Low	Low	Low	Moderate
Nilsen et al. (2012)	Low	Low	Low	Low	Low	Low
Naber et al. (2015)	Low	Low	Low	Low	Low	Low
Rouillon et al. (2013)	Low	Low	Moderate	Low	Moderate	Moderate
Ascher-Svanum et al. (2014)	Moderate	Low	Moderate	Low	Low	Moderate

Ascher-Svanum et al. (2011)	Low	Low	Moderate	Low	Low	Moderate
Witte et al. (2012)	Low	Low	Low	Low	Low	Low
Potkin et al. (2017)	Low	Low	Low	Low	Low	Low
Schreiner et al. (2015)	Low	Low	Low	Low	Low	Low
Leatherman et al. (2014)	Low	Low	Low	Moderate	Moderate	Moderate
Isitt et al. (2016)	Low	Low	Low	Low	Low	Low
Sangur et al (2011)	Low	Low	Moderate	Moderate	Moderate	Moderate

Supplementary Table S2. *Risk of bias assessment in non-randomized studies of intervention (NRSI).*

First Author (year of publication)	Type of study	<i>Pre-intervention domains</i>		<i>At-intervention domain</i>	<i>Post-intervention domains</i>				Overall risk of bias
		Confounding bias	Selection bias	Information bias	Confounding bias	Selection bias	Information bias	Reporting bias	
Chiliza et al. (2015)	Longitudinal	Low	High	High	Low	High	High	High	High
Schmauss et al. (2010)	Prospective, multicentre, open-label, non- randomised trial	Low	Moderate	Moderate	High	Moderate	Moderate	Low	High
Lambert et al. (2010)	Longitudinal	High	Moderate	Moderate	Moderate	High	Moderate	Moderate	High
Pietrini et al. (2016)	Longitudinal	Moderate	Moderate	Low	Moderate	Moderate	Moderate	Moderate	Moderate
Browne et al. (1998)	Cross- sectional	High	Moderate	Low	Moderate	Moderate	Moderate	Low	High
Awad et al. (1997)	Cross- sectional								
Voruganti et al. (1998)	Longitudinal	Moderate	Moderate	Low	Moderate	Moderate	Moderate	Low	Moderate
Rocca et al. (2015)	Cross- sectional	Moderate	Moderate	Low	Moderate	High	Moderate	Moderate	Moderate
Hou et al. (2015a)	Cross- sectional	Moderate	Low	Low	Moderate	Moderate	Moderate	Moderate	Moderate
Medici (2016) et al.	Cross- sectional	Moderate	Moderate	High	Moderate	High	High	Moderate	High
Kelin et al. (2011)	Longitudinal	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Low	Moderate
Caqueo- Urizar et al. (2020)	Retrospective	High	Low	Low	High	Low	Low	Low	Moderate

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Montgomery (2015)	Prospective Observational	High	High	High	High	High	High	High	High
Araujo (2014)	Cross-sectional	Moderate	Low	Moderate	Moderate	Moderate	Low	Moderate	Moderate
Schreiner (2014)	Naturalistic	NA	NA	NA	NA	High	Moderate	High	High
Gattaz (2014)	Longitudinal	High	Moderate	Moderate	Moderate	High	Moderate	Moderate	High
Gutiérrez Fraile (2013)	Longitudinal	High	High	Moderate	High	Moderate	Moderate	Low	High
Yeh (2013)	Longitudinal	High	High	Moderate	High	Moderate	Moderate	Moderate	High
Bervoets (2012)	Longitudinal	High	Moderate	Moderate	High	Moderate	Moderate	Moderate	High
Peuskens (2012)	Prospective Observational	Moderate	High	Moderate	Moderate	High	Moderate	Low	High
Ye (2011)	Prospective Observational	High	Moderate	Low	High	Moderate	Low	Low	High
Ye (2012)	Prospective Observational	High	High	Moderate	High	High	Moderate	Low	High
Liu-Seifert (2012)	Longitudinal	High	High	Moderate	High	High	Moderate	Moderate	High
Mahmoud (2011)	Longitudinal	High	Moderate	Moderate	High	Moderate	High	High	High
Ming-Hong Hsieh (2010)	Longitudinal	Moderate	High	Moderate	Moderate	High	Moderate	Low	High
Ching-Hua Lin (2010)	Longitudinal	Moderate	High	Moderate	Moderate	High	High	Low	
Larsen & Gerlach (1996)	Cross-sectional	High	High	High	Moderate	High	High	Moderate	High
Cheng-TaLi et al. (2010)	Cross-sectional	Moderate	Moderate	Moderate	Low	Low	Low	Low	Moderate

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Lee (2016)	Cross-sectional	Moderate	Moderate	Low	Moderate	High	Moderate	Moderate	Moderate
Awad (2016)	Longitudinal	Moderate	Moderate	Moderate	Moderate	Low	Moderate	Moderate	Moderate
Kao (2011)	Cross-sectional	High	Hight	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Hasan (2018)	Cross-sectional	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Hou (2015b)	Cross-sectional	Moderate	Moderate	Low	Moderate	Moderate	Moderate	Moderate	Moderate
Shrivastava (2012)	Cross-sectional	Low	Moderate	Low	Moderate	Moderate	Moderate	Hight	High
Kim (2014)	Longitudinal, cross-sectional	Moderate	Low	Low	Moderate	Low	Moderate	Moderate	Moderate
Huang (2013)	Longitudinal	High	Hight	Moderate	Moderate	High	Moderate	High	High
Melo Chaves (2013)	Cross-sectional	Moderate	Moderate	Low	Moderate	Moderate	Moderate	Moderate	Moderate
Ye (2014)	Longitudinal	High	Moderate	High	High	Moderate	Moderate	Moderate	Moderate
Kilian (2012)	Longitudinal	Moderate	Moderate	Low	Moderate	Moderate	Moderate	Moderate	Moderate
Adrianzen (2010)	Longitudinal	Low	Moderate	Moderate	Moderate	High	Moderate	Moderate	Moderate

