

Online Supplementary Material

Table S1: Critical appraisal Skill programme (CASP) for randomized clinical trials evaluated for clinical trials included in the systematic review.

Questions	Corey et al (2014)	Corey et al (2015)	Corey et al (2016)	Dunbar et al (2011)	Hoover et al (2022)
Did the study address a clearly focused issue?	Y	Y	Y	Y	Y
Was the assignment of participants to interventions randomised?	Y	Y	Y	Y	Y
Were all participants who entered the study accounted for at its conclusion?	N	N	N	N	N
Were the participants/investigator/people assessing/analysing the outcomes 'blind' to intervention they were given?	?	?	?	?	N
Were the study groups similar at the start of the randomised controlled trial?	Y	Y	Y	Y	Y
Apart from the experimental intervention, did each study group receive the same level of care (that is, were they treated equally)?	Y	Y	Y	Y	Y
Were the effects of intervention reported comprehensively?	Y	Y	Y	Y	N
Was the precision of the estimate of the intervention or treatment effect reported?	Y	Y	Y	Y	Y
Do the benefits of the experimental intervention outweigh the harms and costs?	Y	Y	Y	Y	N
Can the results be applied to your local population/in your context?	Y	Y	Y	Y	Y
Would the experimental intervention provide greater value to the people in your care than any of the existing interventions?	Y	Y	Y	Y	Y
Score out of 11	9	9	9	8	7

Y: yes; N: no; ?: can't tell

Table S2. Critical appraisal Skill programe (CASP) for cohort study evaluated for observational studies included in the systematic review.

Questions	Anastasio et al (2017)	Helton et al (2020)	Morissette al (2016)	Redell et al (2011)	Saddler et al (2018)	Whitaker et al (2019)	Bandaranayake et al (2024)	Brownell et al (2020)	Moenster et al (2023)	Schulz et al (2017)	Steuber et al (2024)	Stewart et al (2016)	Van hise et al (2020)	Van hise et al (2022)	Texidor et al (2022)
Did the study address a clearly focused issue?	Y	Y	Y	Y	Y	Y	N	N	Y	Y	Y	Y	Y	Y	Y
Was the cohort recruited in an acceptable way?	N	N	N	Y	N	N	N	N	N	N	N	N	Y	Y	N
Was the exposure accurately measured to minimise bias?	N	N	N	N	N	N	N	N	Y	N	N	?	Y	Y	N
Was the outcome accurately measured to minimise bias?	N	Y	N	N	N	N	N	N	N	N	N	?	N	N	Y
Have the authors identified all important confounding factors?	Y	Y	Y	N	N	N	N	N	Y	N	Y	?	N	N	Y
Was the follow up of subjects complete enough? Was the follow up of subjects long enough?	N	N	N	N	Y	N	Y	Y	N	N	Y	?	Y	N	Y
What are the results of this study?	Y	Y	N	Y	N	N	N	Y	Y	N	Y	?	Y	Y	Y
How precise are the results?	N	N	N	N	Y	N	N	?	N	N	Y	?	?	Y	?
Do you believe the results?	Y	Y	Y	Y	Y	Y	Y	?	Y	Y	N	?	Y	Y	Y
Will the results help locally?	Y	C	N	Y	Y	Y	Y	Y	Y	N	Y	N	Y	Y	Y
Do the results fit with other available evidence?	Y	Y	Y	Y	Y	Y	N	?	N	N	?	N	?	?	?

What are the implications of this study for practice?	N	N	N	Y	N	N	N	N	N	N	Y	N	N	N	N
Score out of 12	6	7	4	7	6	4	3	3	6	2	6	1	7	7	6

Y: yes; N: no; ?: can't tell