

Supplementary File F. Results of AMSTAR 2 review quality assessment.

Review	Item 1	Item 2	Item 3	Item 4	Item 5	Item 6	Item 7	Item 8	Item 9 RCT	Item 9 NRSI	Item 10	Item 11 RCT	Item 11 NRSI	Item 12	Item 13	Item 14	Item 15	Item 16
Ada, 2010	+	-	+	+/-	-	+	+	+/-	+	NA*	-	+	NA**	+	+	+	-	-
Angevaren, 2008	+	+	-	+	+	+	+	+	+	NA*	-	+	NA**	+	+	+	+	+
Anthony, 2013	-	-	-	+/-	-	-	-	-	+	NA*	-	NA**	NA**	NA**	-	-	NA**	-
Baker, 2007	-	-	-	-	+	+	+	+	+	NA*	-	NA**	NA**	NA**	-	+	-	+
Blankevoort, 2010	-	-	+	-	+	-	-	+/-	+	+	-	-	-	-	-	-	-	+
Bouaziz, 2015	+	-	-	-	+	-	-	+/-	-	-	-	NA**	NA**	NA**	-	-	NA**	+
Bouaziz, 2016	-	-	-	-	+	-	-	-	-	-	-	NA**	NA**	NA**	-	+	NA**	+
Bouaziz, 2018	+	-	-	-	+	-	-	+/-	+	NA*	-	+	NA**	-	-	+	+	+
Bruns, 2016	-	+/-	-	-	+	+	-	+/-	+	+	-	NA**	NA**	NA**	-	+	NA**	+
Bueno- de Souza, 2018	+	-	-	-	+	-	-	+	+	NA*	-	+	NA**	-	+	-	-	+
Bullo, 2018	+	-	-	-	+	-	-	+/-	+	-	-	-	-	-	-	+	-	+
Cugusi, 2017	-	-	-	+/-	+	+	+	+/-	+	NA*	-	+	NA**	-	-	+	+	-
Dale, 2015	+	+	-	+	+	+	+	+	+	NA*	+	+	NA**	+	+	+	+	+
Doyle, 2019	+	-	-	-	+	+	-	+/-	-	-	-	+	-	-	-	+	-	+
Fukuta, 2016	+	-	-	+/-	+	-	-	+/-	-	NA*	-	+	NA**	-	-	+	+	+
Gardner, 2014	+	-	-	-	+	+	-	+/-	+	+	-	NA**	NA**	NA**	-	+	NA**	+
Golledge, 2019	+	-	-	+/-	+	+	-	+/-	+	NA*	-	+	NA**	-	-	-	+	+
Gomes-Neto, 2019	-	-	-	+/-	+	+	-	-	+	NA*	-	+	NA**	-	-	+	-	+
Halloway, 2015	-	-	+	-	-	+	-	+	-	NA*	-	NA**	NA**	NA**	-	+	NA**	+
Hernandez, 2015	-	+/-	-	-	+	-	-	-	-	-	-	NA**	NA**	NA**	-	-	NA**	-
Heyn, 2008	+	-	-	-	-	-	-	+/-	-	NA*	-	-	NA**	-	-	-	-	-
Howes, 2017	-	+	-	-	-	+	-	+/-	+	NA*	-	+	NA**	-	-	+	+	+
Huang, 2002, 2005, 2016	+	-	-	-	-	+	+/-	+/-	-	-	-	+	-	-	+	+	+	+
Hurst, 2019	+	+/-	-	-	+	+	-	+/-	+	-	-	+	-	-	-	+	+	+
Hwang, 2015	-	-	-	-	-	-	-	+/-	-	-	-	NA**	NA**	NA**	-	-	NA**	-
Kanach, 2018	+	-	-	+/-	+	+	-	+/-	+	-	-	NA**	NA**	NA**	-	+	NA**	-

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Keogh, 2012	-	-	-	+/-	-	-	-	-	-	-	-	NA**	NA**	NA**	-	-	NA**	+
Kuijlaars, 2019	+	+/-	-	+/-	+	+	-	+	+	NA*	-	+	NA**	-	-	+	-	+
Lam, 2018	+	-	-	-	+	-	-	+	+	NA*	-	+	NA**	+	+	+	+	+
Lee, 2017	+	+/-	-	+/-	+	+	-	+	+	NA*	-	+	NA**	+	-	+	-	+
Leggio, 2019	+	-	-	-	+	-	-	-	+	NA*	-	NA**	NA**	NA**	-	+	NA**	+
Li, 2019	+	-	-	-	+	-	-	+/-	+	NA*	-	+	NA**	+	+	+	-	+
Liao, 2015	+	-	-	-	-	+	-	+/-	+/-	NA*	-	+	NA**	-	-	+	-	+
Paneroni, 2017	+	-	-	+/-	+	+	-	+	+	NA*	-	+	NA**	-	-	+	+	+
Parmenter, 2013	+	-	-	+/-	-	-	-	+/-	+	NA*	-	NA**	NA**	NA**	-	+	NA**	+
Patel, 2012	+	-	-	-	+	+	-	+	-	NA*	+	+	NA**	-	-	-	-	+
Pengelly, 2019	+	+/-	-	-	-	+	-	+/-	+/-	+	-	+	-	-	-	+	-	+
Puhan, 2016	+	+	-	+	+	+	+	+	+	NA*	+	+	NA**	+	+	+	+	+
Rezende Barbosa, 2018	-	+/-	-	+/-	-	+	-	-	+	NA*	-	+	NA**	+	+	-	+	+
Ribeiro, 2017	+	+/-	-	-	+	+	-	-	+	-	-	-	-	-	-	+	+	+
Rodrigues-Krause, 2016	+	+/-	+	-	+	+	-	+/-	+	+	-	+	-	-	-	+	+	+
Rodrigues-Krause, 2019	+	-	+	-	-	-	-	+	+	-	-	NA**	NA**	NA**	-	-	NA**	+
Rosero, 2019	+	-	-	-	+	+	+	+/-	+	NA*	-	+	NA**	-	-	+	+	+
Rydwik, 2004	+	-	-	-	-	-	-	+/-	+	NA*	-	NA**	NA**	NA**	+	+	NA**	-
Ryrso, 2018	+	-	-	-	+	+	-	+	+	NA*	-	+	NA**	+	+	+	-	+
Scheerman, 2018	+	-	-	-	+	+	-	+/-	+	NA*	-	NA**	NA**	NA**	+	+	NA**	+
Slimani, 2018	+	-	-	+/-	-	+	-	-	-	NA*	-	+	NA**	-	-	+	+	+
Vieira, 2010	+	-	-	-	-	+	-	+	+	NA*	-	NA**	NA**	NA**	-	-	NA**	+
Wee, 2019	+	+	-	+/-	+	+	-	+/-	+/-	-	-	NA**	NA**	NA**	-	-	NA**	+

Appendix 5 Results of AMSTAR 2 review quality assessment.

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Legend: *RCT*: randomized controlled trials; *NRSI*: non-randomized studies of interventions; “+”: yes; “-”: no; “+/-”: partial yes; *NA**: Includes only RCT’s; *NA***: No meta-analysis conducted

Item 1 Did the research questions and inclusion criteria for the review include the components of **PICO**?; *Item 2* Did the report of the review contain an explicit statement that the **review methods were established prior to** conduct of the review and did the report justify any significant deviations from the protocol?; *Item 3* Did the review authors **explain their selection of the study designs** for inclusion in the review?; *Item 4* Did the review authors use a **comprehensive literature search strategy**?; *Item 5* Did the review authors perform **study selection in duplicate**?; *Item 6* Did the review authors perform **data extraction in duplicate**?; *Item 7* Did the review authors provide **a list of excluded studies** and justify the exclusions?; *Item 8* Did the review authors **describe the included studies in adequate detail**?; *Item 9* Did the review authors use a **satisfactory technique for assessing the risk of bias (RoB)** in individual studies that were included in the review?; *Item 10* Did the review authors **report on the sources of funding** for the studies included in the review?; *Item 11* If meta-analysis was justified did the review authors use **appropriate methods** for statistical combination of results? (Only complete this item if meta-analysis of other data synthesis techniques were reported); *Item 12* If meta-analysis was performed did the review authors **assess the potential impact of RoB** in individual studies on the results of the meta-analysis or other evidence synthesis?; *Item 13* Did the review authors **account for RoB in individual studies when interpreting/ discussing the results** of the review?; *Item 14* Did the review authors provide a satisfactory **explanation for, and discussion of, any heterogeneity observed** in the results of the review?; *Item 15* If they performed quantitative synthesis did the review authors carry out an adequate **investigation of publication bias** (small study bias) and discuss its likely impact on the results of the review?; *Item 16* Did the review authors report any **potential sources of conflict of interest**, including any funding they received for conducting the review?;