



## Supplementary file 1: PRISMA-Statement: Preferred Reporting Items for Systematic Reviews and Meta-Analyses.

Responses are written in bold types and displayed in brackets.

Section	Item	Standard PRISMA Item
TITLE		
Title	1	Identify the report as a systematic review, meta-analysis, or both. <b>(Title)</b>
ABSTRACT		
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number. <b>(Abstract)</b>
INTRODUCTION		
Rationale	3	Describe the rationale for the review in the context of what is already known. <b>(1. Introduction)</b>
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS). <b>(1. Introduction)</b>
METHODS		
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number. <b>(Not applicable)</b>
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. <b>(2.3. Eligibility criteria)</b>
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched. <b>(2.1. Literature search)</b>
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated. <b>(Supplementary file 2)</b>

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Section	Item	Standard PRISMA Item
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis). <b>(2.2. Selection process, 2.3. Eligibility criteria, 2.4. Evaluation of the studies, 2.5. Synthesis of the results)</b>
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators. <b>(2.4. Evaluation of included studies)</b>
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made. <b>(2.4. Evaluation of included studies)</b>
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. <b>(2.4. Evaluation of included studies, Supplementary file 4)</b>
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means). <b>(Not applicable)</b>
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., $I^2$ ) for each meta-analysis. <b>(2.5. Synthesis of the results)</b>
Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies). <b>(3. Results and Table 2)</b>
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified. <b>(Not applicable)</b>
<b>RESULTS</b>		
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. <b>(3. Results, Figure 1)</b>
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations. <b>(Table 1)</b>
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). <b>(Supplementary File 5)</b>

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Section	Item	Standard PRISMA Item
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot. <b>(3. Results and Table 2)</b>
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency. <b>(Not applicable)</b>
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15). <b>(Supplementary File 5)</b>
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]). <b>(Not applicable)</b>
DISCUSSION		
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers). <b>(4. Discussion)</b>
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias). <b>(4.4. Strengths and limitations)</b>
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research. <b>(4. Discussion, 5. Conclusions)</b>
FUNDING		
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. <b>(Funding)</b>

Adopted and modified from: Welch V, Petticrew M, Tugwell P, Moher D, O'Neill J, Waters E, et al. PRISMA-Equity 2012 extension: reporting guidelines for systematic reviews with a focus on health equity. PLoS Med. 2012;9(10):e1001333.