Table S1: Scores assigned to each of the studies for each of the quality (Q) criteria.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 | Q7 | Q8 | Q9 | Q10 | Q11 | Q12 | Q13 | Q14 | Q15 | Score (% of Máx) |
| Beaven et al. (2012) [24] | 1 | 0.5 | 1 | 1 | 1 | 0.5 | 1 | 1 | 0.5 | 0 | 1 | 0.5 | 1 | 1 | 1 | 12.0 (80) |
| Northey et al. (2016) [27] | 1 | 1 | 0.5 | 1 | 0.5 | 1 | 1 | 1 | 0.5 | 0.5 | 0.5 | 1 | 1 | 0 | 1 | 11.5 (76.7) |
| Page et al. (2017) [7] | 1 | 1 | 0.5 | 1 | 1 | 1 | 1 | 0.5 | 1 | 0 | 1 | 0.5 | 1 | 0 | 1 | 11.5 (76.7) |
| Willians et al. (2018) [28] | 1 | 1 | 0.5 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0.5 | 0.5 | 0 | 1 | 12.5 (83.3) |
| Arriel et al. (2018) [6] | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0.5 | 1 | 1 | 1 | 0 | 1 | 13.5 (90) |
| Daab et al. (2020) [29] | 1 | 0.5 | 1 | 1 | 1 | 1 | 1 | 1 | 0.5 | 1 | 1 | 1 | 1 | 0 | 0.5 | 12.5 (83.3) |
| Mean | 1 | 0.8 | 0.8 | 1 | 0.9 | 0.9 | 1 | 0.9 | 0.8 | 0.5 | 0.9 | 0.8 | 0.9 | 0.2 | 0.9 | 12.3 (81.7) |