Table S1. Risk of bias in included non-randomized studies.

Study, Year	Selection of Participants	Classification of Intervention	Measurement of Outcome	Selection of the Reported Results	Missing Data	Overall
Torre et al.,[37] 2013	Mild	Mild	Mild	Mild	Mild	Mild
Torre et al.,[26] 2016	Mild	Mild	Mild	Mild	Mild	Mild
Serres-Cousine et al.,[38] 2021	Moderate	Mild	Moderate	Moderate	Moderate	Moderate
McLucas,[39] 2013	Mild	Mild	Mild	Mild	Mild	Mild
Mara et al.,[40] 2012	Mild	Mild	Mild	Mild	Mild	Mild
Redecha et al.,[42] 2012	Mild	Mild	Mild	Mild	Mild	Mild
Zou et al.,[43] 2017	Mild	Mild	Mild	Mild	Mild	Mild
Wu et al.,[28] 2020	Moderate	Mild	Mild	Mild	Mild	Mild
Rodríguez et al.,[44] 2021	Mild	Mild	Mild	Mild	Mild	Mild
Qin et al.,[45] 2012	Mild	Mild	Mild	Mild	Mild	Mild
Liu et al.,[46] 2018	Mild	Mild	Mild	Mild	Mild	Mild
Li et al.,[47] 2017	Mild	Mild	Mild	Mild	Mild	Mild
Thiburce et al.,[48] 2015	Mild	Mild	Mild	Mild	Mild	Mild
Łoziński et al.,[27] 2019	Moderate	Mild	Mild	Mild	Mild	Mild
Verpalen et al.,[49] 2019	Mild	Mild	Moderate	Moderate	Moderate	Moderate
Mindjuk et al.,[50] 2014	Moderate	Mild	Moderate	Moderate	Moderate	Moderate
Yoon et al.,[51] 2013	Mild	Mild	Moderate	Moderate	Mild	Moderate
Froeling et al.,[52] 2013	Mild	Mild	Mild	Mild	Moderate	Mild
Toub,[53] 2017	Mild	Mild	Moderate	Moderate	Mild	Mild
Lukes and Green,[54] 2020	Mild	Mild	Mild	Mild	Mild	Mild
Garza-Leal,[55] 2019	Mild	Mild	Moderate	Moderate	Mild	Mild
Christoffel et al.,[56] 2021	Severe	Moderate	Moderate	Severe	Mild	Severe
Jiang et al.,[57] 2014	Mild	Mild	Moderate	Moderate	Mild	Mild
Brölmann et al.,[58] 2015	Mild	Mild	Moderate	Moderate	Mild	Mild

Table S2. Risk of bias in included randomized study.

Study, Year	Randomization	Blinding of Participants	Blinding of Outcome Measurement	Missing Data	Overall
Daniels et al.,[41] 2021	Mild	Mild	Mild	Moderate	Mild