**Supplementary table 1:** Risk of Bias analysis by using GRADEpro

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| --- | --- | --- | --- | --- | --- | --- |
| **Study/Year** | **Risk of Bias** | **Inconsistency** | **Imprecision** | **Indirectness** | **Publication Bias** | **Certainty of the evidence (GRADE)** |
| **Amerini et al, 2014** | Not serious | Not serious | Not serious | Not serious | Undetected | ⨁⨁◯◯ LOW |
| **Collis et al, 2018** | Not serious | Not serious | Not serious | Not serious | Undetected | ⨁⨁◯◯ LOW |
| **Ovcharenko et al, 2016** | Not serious | Not serious | Not serious | Not serious | Undetected | ⨁⨁◯◯ LOW |
| **Pasta et al, 2020** | Not serious | Not serious | Not serious | Not serious | Undetected | ⨁⨁◯◯ LOW |
| **Rim et al, 2015** | Not serious | Not serious | Not serious | Not serious | Undetected | ⨁⨁◯◯ LOW |
| **Robinson et al, 2018** | Not serious | Not serious | Not serious | Not serious | Undetected | ⨁⨁◯◯ LOW |
| **Yuan et al, 2017** | Not serious | Not serious | Not serious | Not serious | Undetected | ⨁⨁◯◯ LOW |

*NB: ⨁⨁◯◯ LOW, indicates having the least bias, and results are considered valid.*