**SUPPLEMENTARY MATERIAL**

**Table 1** EPHPP (Effective Public Health Practice Project) quality assessment of included studies

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ***Author, publication year*** | ***Selection bias*** | ***Study design*** | ***Confounders*** | ***Blinding*** | ***Data collection method*** | ***Withdrawals and dropouts*** | ***Rating*** |
| Barchetta et al., 2020 | 1 | 2 | 3 | 2 | 1 | 1 | *Moderate* |
| Khare and Jindal, 2020 | 1 | 2 | 1 | 2 | 1 | 1 | *Strong* |
| Christoforidis et al., 2020 | 3 | 2 | 1 | 2 | 1 | 1 | *Moderate* |
| Al-agha et al., 2021 | 1 | 2 | 1 | 2 | 1 | 1 | *Strong* |
| Cotovad-Bellas et al., 2020 | 2 | 2 | 3 | 2 | 1 | 1 | *Moderate*  |
| Mesa et al., 2020 | 1 | 2 | 2 | 2 | 1 | 1 | *Strong*  |
| Dover et al., 2020 | 3 | 2 | 3 | 2 | 1 | 1 | *Weak* |
| Longo et al., 2020 | 2 | 2 | 3 | 2 | 1 | 1 | *Moderate*  |
| Potier et al., 2021 | 1 | 2 | 2 | 2 | 1 | 1 | *Strong*  |
| Vinals et al., 2020 | 1 | 2 | 2 | 2 | 1 | 1 | *Strong*  |
| Brener et al., 2020 | 1 | 2 | 1 | 2 | 1 | 1 | *Strong* |
| Ruissen et al., 2021 | 1 | 2 | 1 | 2 | 1 | 1 | *Strong* |
| Tornese et al., 2020 | 2 | 2 | 3 | 2 | 1 | 1 | *Moderate* |
| Aragona et al., 2020 | 2 | 2 | 2 | 2 | 1 | 1 | *Strong* |
| Verma et al., 2020 | 2 | 2 | 1 | 3 | 2 | 2 | *Moderate*  |
| Alaqeel et al., 2021 | 2 | 2 | 1 | 2 | 1 | 1 | *Strong*  |
| Di Dalmazi et al., 2020 | 2 | 2 | 3 | 2 | 1 | 1 | *Moderate* |
| Parise et al., 2021 | 1 | 2 | 1 | 2 | 1 | 1 | *Strong*  |
| Biancalana et al., 2020 | 2 | 2 | 1 | 2 | 1 | 1 | *Strong*  |
| Karatas et al., 2021 | 1 | 2 | 1 | 2 | 2 | 1 | *Strong*  |
| Bonora et al., 2020 | 2 | 2 | 3 | 2 | 1 | 1 | *Moderate*  |