

Additional file 3.

Table 1. Quality appraisal of the included reviews (n=17).

Author, year	1. Was an 'a priori' design provided?	2. Was there duplicate study selection and data extraction?	3. Was a comprehensive literature search performed?	4. Was the status of publication (i.e. grey literature) used as an inclusion criterion?	5. Was a list of studies (included and excluded) provided?	6. Were the characteristics of the included studies provided?	7. Was the scientific quality of the included studies assessed and documented?	8. Was the scientific quality of the included studies used appropriately in formulating conclusions?	9. Were the methods used to combine the findings of studies appropriate?	10. Was the likelihood of publication bias assessed?	11. Was the conflict of interest included?	Overall score
Anderson et al., 2017 (34)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High quality
B Scapini et al., 2019 (33)	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	High quality
Ferrari et al., 2020 (35)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High quality
Fu et al., 2020 (36)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	High quality
Heiwe et al., 2011 (37)	yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High quality
Herrod et al., 2018 (38)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	High quality
Jansen et al., 2019 (39)	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	High quality
Kite et al., 2019 (40)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High quality
Lee et al., 2021 (41)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High quality
Ostman et al., 2017 (42)	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	High quality
Qiu et al., 2014 (43)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	High quality
Smart et al., 2019 (44)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	High quality
Shaw et al., 2006 (45)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High quality
Seron et al., 2014 (46)	yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Not applicable	Not applicable	Yes	High quality
Thomas et al., 2006 (47)	yes	yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	High quality
Thompson et al., 2019 (48)	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	High quality
Xie et al., 2017 (49)	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	High quality

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Table 2. Quality appraisal of the excluded reviews (n=78)

Study ID	1. Was an “a priori” design provided?	2. Was there duplicate study selection and data extraction?	3. Was a comprehensive literature search performed?	4. Was the status of publication (i.e. grey literature) used as an inclusion criterion?	5. Was a list of studies (included and excluded) provided?	6. Were the characteristics of the included studies provided?	7. Was the scientific quality of the included studies assessed and documented?	8. Was the scientific quality of the included studies used appropriately in formulating conclusions?	9. Were the methods used to combine the findings of studies appropriate?	10. Was the likelihood of publication bias assessed?	11. Was the conflict of interest included?	Overall score
Pei et al., 2019 (1)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Lora-Pozo et al., 2019 (2)	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No	moderate quality
Oliver-Martínez et al.,2020 (3)	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	moderate quality
Noone et al., 2020 (4)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Ren et al., 2018 (5)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Maturana et al., 2021 (6)	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Perrier-Melo et al.,2018 (7)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Bento et al., 2015 (8)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Pattyn et al., 2012 (9)	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No	moderate quality
Loaiza-Betancuret al., 2021 (10)	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No	moderate quality
Murtagh et al., 2015 (11)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Brouwer et al., 2021 (12)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Aguilera Eguía et al., 2015 (13)	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	moderate quality
Cornelissen et al., 2013 (14)	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Zhang et al., 2019 (15)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Cornelissen et al., 2013 (16)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Pan et l., 2018 (17)	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No	moderate quality
Bouaziz et al., 2017 (18)	No	No	Yes	No	No	Yes	Yes	Yes	Not applicable	Not applicable	No	moderate quality
Zou et al., 2016 (19)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Li et al., 2018 (20)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Yang et al., 2014 (21)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Bersaoui et al., 2019 (22)	Yes	Yes	No	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Cao et al., 2019 (23)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Chudyk et al., 2011 (24)	No	No	Yes	Yes	No	Yes	No	No	Yes	No	Yes	moderate quality
Costa et al., 2016 (25)	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
de Sousa et al., 2017 (26)	No	Yes	Yes	No	No	Yes	No	Yes	Yes	No	Yes	moderate quality
Carlson et al., 2014 (27)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality

Chen et al., 2015 (28)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Chen et al., 2017 (29)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Costa et al., 2018 (30)	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Chen et al., 2020 (31)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Cornelissen et al., 2011 (32)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Corso et al., 2016 (33)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Polito et al., 2021 (34)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Cornelis et al., 2019 (35)	Yes	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Figueira et al., 2014 (36)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Evans et al., 2018 (37)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	moderate quality
Hayashino et al., 2012 (38)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	No	Yes	moderate quality
Heiwe et al., 2014 (39)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	moderate quality
Da Silva et al., 2019 (40)	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	moderate quality
De Nardi et al., 2018 (41)	No	Yes	No	Yes	No	Yes	Can't answer	No	No	No	Yes	moderate quality
Elliott et al., 2015 (42)	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	moderate quality
Wewege et al., 2018 (43)	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	moderate quality
Yamamoto et al., 2021 (44)	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Whelton et al., 2002 (45)	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Taylor et al., 2004 (46)	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No	moderate quality
Thangarasa et al., 2018 (47)	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	moderate quality
De Castro et al., 2020 (48)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Way et al., 2019 (49)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Woodward et al., 2019 (50)	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	moderate quality
Teleni et al., 2016 (51)	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	moderate quality
Strasser et al., 2010 (52)	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Sardeli et al., 2020 (53)	No	No	No	No	Yes	Yes	No	No	Yes	Yes	No	moderate quality
Schiavoni et al., 2017 (54)	No	Yes	No	No	No	Yes	No	No	Yes	Yes	No	moderate quality
Sukala et al., 2012 (55)	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	moderate quality
Serrablo-Torrejon et al., 2020 (56)	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Lemes et al., 2016 (57)	No	No	Yes	Yes	No	Yes	Yes	No	No	No	No	moderate quality
Sosner et al., 2014 (58)	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	moderate quality
Schwingshackl et al., 2014 (59)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	moderate quality
Lemes et al., 2018 (60)	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Loaiza-Betancur et al., 2020 (61)	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality

Ketola et al., 2000 (62)	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Huang et al., 2016 (63)	Yes	Yes	Yes	Yes	No	Yes	Can't answer	No	Yes	No	No	moderate quality
Huang et al., 2019 (64)	No	Yes	Yes	Yes	Can't answer	Yes	Can't answer	Yes	No	Can't answer	No	moderate quality
Loaiza-Betancur et al., 2020 (65)	No	Yes	Yes	No	No	Yes	Yes	Can't answer	Yes	Yes	No	moderate quality
Igarashi et al., 2018 (66)	Yes	Yes	Yes	No	No	Yes	Can't answer	Can't answer	Yes	Yes	No	moderate quality
Jurik et al., 2019 (67)	Yes	Yes	Yes	Can't answer	No	Can't answer	Yes	Yes	Yes	No	No	moderate quality
Lee et al., 2010 (68)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Joseph et al., 2019 (69)	Yes	Yes	Yes	No	No	Yes	Yes	Can't answer	No	No	Yes	moderate quality
López-Valenciano et al., 2019 (70)	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Can't answer	No	moderate quality
Jewiss et al., 2016 (71)	No	Yes	Yes	No	No	Yes	Yes	No	No	No	Yes	moderate quality
D'Isabella et al., 2017 (72)	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	moderate quality
Conceição et al., 2016 (73)	No	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	No	moderate quality
Grässler et al., 2021 (74)	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	moderate quality
Cornelissen et al., 2005 (75)	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	moderate quality
Asikainen et al., 2004 (76)	Yes	Yes	Yes	No	No	Yes	Yes	No	Not applicable	Not applicable	No	moderate quality
Ebrahim et al., 1998 (77)	No	No	No	No	No	Yes	No	No	Yes	Yes	No	low quality
Halbert et al., 1997 (78)	No	No	No	No	No	Yes	Yes	No	No	No	No	low quality

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