

Supplementary Table 2. Quality of studies based on AMSTAR2 items

Study	Items																Rating
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Jenabi et al. ¹⁸⁾ (2022)	N	Y	Y	pY	N	Y	N	pY	pY	N	Y	N	N	Y	Y	Y	Critically low
Kujabi et al. ⁶⁾ (2021)	N	Y	Y	pY	Y	Y	N	Y	Y	N	Y	Y	Y	Y	Y	Y	Low
Ma et al. ⁷⁾ (2022)	N	Y	Y	pY	N	Y	Y	pY	pY	N	Y	Y	Y	Y	Y	Y	Moderate quality
Jenabi et al. ¹⁹⁾ (2021)	N	Y	Y	pY	N	Y	N	pY	Y	N	Y	N	N	Y	Y	Y	Critically low
Wang et al. ¹⁶⁾ (2017)	N	Y	Y	pY	Y	Y	N	pY	Y	N	Y	N	N	Y	Y	N	Critically low
Modabbernia et al. ¹⁷⁾ (2016)	N	Y	Y	pY	Y	Y	N	pY	Y	N	Y	Y	Y	Y	Y	Y	Low

Y, yes; pY, partial yes; N, no; AMSTAR2, A MeaSurement Tool to Assess Systematic Reviews; 1, PICO consideration in the research question and inclusion criteria; 2, Protocol establishment beforehand. Any deviations?; 3, Explaining if/why only certain study designs were included; 4, Comprehensive search; 5, Two persons performed the search; 6, Two persons extracted the data; 7, Providing the list of exclusion with reasons; 8, Presenting all details of the included papers; 9, Proper technic for assessing the risk of bias; 10, Reporting sources of funding; 11, Appropriate statistical methods; 12, Assessment of the potential impact of risk of bias in individual studies on the results of the meta-analysis; 13, Assessment of the potential impact of risk of bias in individual studies on the discussion of the meta-analysis; 14, Discussion of heterogeneity of the results of meta-analysis; 15, Investigation of publication bias. Have they influenced the results?; 16, Reports of potential conflict of interest.

AMSTAR2 contains 16 questions and each of the questions is graded as yes, partial yes, or no. Questions 2, 4, 7, 9, 11, 13, and 15 are critical, with a higher weight in scoring. For high quality, 0–1 noncritical weakness. Moderate quality, >1 noncritical weakness. Low quality, 1 critical flaw with or without noncritical weaknesses. Critically low quality, >1 critical flaw with or without noncritical weaknesses.