

Supplementary Table 1: AMSTAR score for included systematic reviews.

| Author, year | Q1: Prior design | Q2: Study selection and data extracti on | Q3: Literatu re search | Q4: Status of Publica tion | Q5: Studie s list | Q6: Characte ristics of included studies | Q7: Scientific Quality of studies | Q8: Scientific Quality of studies used in conclusion | Q9: Methods to combine findings | Q10: Publica tion bias | Q11: Conflict of interest | Total score |
|---------------------------------------|---------------------------------|-------------------------------------------------------------------------|-------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------------|----------------------------------------------|------------------------|
| Segura-Egea <i>et al.</i> 2016 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 7 |
| Aminoshariae <i>et al.</i> 2017 | 1 | 1 | 1 | 0 | 0 ^a | 1 | 1 | 0 | NA | NA | 1 | 6 |
| Tiburcio-Machado <i>et al.</i> 2017 | 0 | 1 | 1 | 0 | 0 ^a | 1 | 1 | 0 | NA | NA | 1 | 5 |
| Cabanillas-Balsera <i>et al.</i> 2019 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 7 |

a- List of excluded studies was not provided.