**Supplementary table 1:** Individual Newcastle-Ottawa Scale (NOS) scores

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Lead author, year** | **Selection** | | **Comparability** | | **Outcomes** | | **Total** | | **NOS score, grade** |
| **ZL** | **MR** | **ZL** | **MR** | **ZL** | **MR** | **ZL** | **MR** |
| Bhatla 2020 | 4 | 4 | 1 | 1 | 2 | 2 | 7 | 7 | Fair |
| Hayek 2020 | 4 | 4 | 1 | 1 | 3 | 3 | 8 | 8 | Good |
| Miles 2020 | 4 | 4 | 0 | 0 | 3 | 3 | 7 | 7 | Fair |
| Shao 2020 | 4 | 4 | 1 | 1 | 3 | 3 | 8 | 8 | Good |
| Shah 2020 | 4 | 4 | 0 | 0 | 3 | 3 | 7 | 7 | Fair |
| Sheth 2020 | 4 | 4 | 0 | 0 | 3 | 3 | 7 | 7 | Fair |
| Thapa 2020 | 4 | 4 | 0 | 0 | 3 | 3 | 7 | 7 | Fair |
| Yuriditsky 2020 | 4 | 4 | 0 | 0 | 3 | 3 | 7 | 7 | Fair |