**Supplemental table S2: Definitions of levels of evidence**

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| **Level of evidence** | **Description** |
| Strong evidence | Pooled results from three or more studies, including a minimum of two high-quality studies which are statistically homogenous (p > 0.05) - may be associated with a statistically significant or non-significant pooled result |
| Moderate evidence | Statistically significant pooled results from multiple studies, including at least one high quality study, which are statistically heterogeneous (p < 0.05); or from multiple low quality studies which are statistically homogenous (p > 0.05) |
| Limited evidence | Results from multiple low-quality studies which are statistically heterogeneous (p < 0.05); or from one high-quality study |
| Very limited evidence | Results from one low-quality study |
| Conflicting evidence | Pooled results insignificant and from multiple studies, regardless of quality, which are statistically heterogeneous (p < 0.05, i.e. inconsistent) |