**Supplementary table 1. Author’s judgements about study quality using the adapted Ottawa-Newcastle Risk of Bias Assessment tool**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Zhuo et al (2020) | Li et al (2020) | Qi et al (2021) | Zhang et al (2020) | Zeng et al (2020) | Koezuka et al (2019) | Shiono et al (2016) | Toyokawa et al (2018) | Mellon et al (2018) | Kim et al (2018) |
| Representativeness/appropriateness of participant selection  Random or consecutive recruitment=Y  Convenience sample=N  Not reported or unclear | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Control for baseline differences in cohorts  Similarity of groups at baseline or adjustment in analyses=Y  No attempt to control or adjust=N  Not reported=NR | Y | Y | N | Y | Y | Y | N | Y | Y | Y |
| Loss to follow-up  Explanation provided for loss of participants and/or intention to treat=Y  No explanation =N | Y | Y | N | Y | Y | Y | Y | Y | Y | Y |
| Masking of exposure to outcomes assessor  Description of masking=Y  No masking or no description =N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Ascertainment of condition  Description of ascertainment/diagnostic criteria=Y  No description or patient self-report=N | Y | Y | Y | Y | N | Y | Y | N | Y | Y |
| Documentation of other treatment modalities  Documentation=Y  No documentation=N | Y | Y | Y | N | Y | Y | Y | Y | Y | Y |
| Extent to which valid outcomes are described  Adequate description of outcome=Y  Insufficient detail regarding outcome or follow-up time=N | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |
| Prespecification of harms, mode of harms collection  Description of a list of harms assessed or monitoring=Y  No such description or passive harms collection=N  No adverse events reported=NA | Y | Y | Y | N | N | Y | Y | N | Y | N |
| Financial Conflict of interest (COI)  Funding source reported=Y  Funding source not reported=N | N | Y | Y | N | N | Y | Y | N | Y | Y |