**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 cohortsSimilarity 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-upExplanation 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 assessorDescription 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=NNo 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 |