

Supplementary Table 1 - Risk of bias and methodological quality assessment for RCTs, according to NIH assessment tool

| Study | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | Overall |
|--------------------------------|-----|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------|
| <i>Rim GM et al, 2024 (42)</i> | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 13/14 Good |

Available at: <https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools>.

Supplementary Table 2 - Risk of bias and methodological quality assessment for cohort studies, according to NIH assessment tool

| Study | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | Overall |
|--|-----|-----|-----|-----|----|-----|-----|----|-----|----|-----|----|-----|-----|------------|
| <i>Santana L et al, 2024 (1)</i> | Yes | Yes | NR | Yes | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | Yes | 9/12 Good |
| <i>Van Braak H et al, 2024 (43)</i> | Yes | Yes | Yes | No | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | No | 8/12 Fair |
| <i>Mehl SC et al, 2023 (39)</i> | Yes | Yes | NR | Yes | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | No | 8/12 Fair |
| <i>Hedge BN et al, 2023 (37)</i> | Yes | Yes | NR | Yes | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | Yes | 9/12 Good |
| <i>Perez Holguin RA et al, 2023 (41)</i> | Yes | Yes | NR | Yes | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | Yes | 9/12 Good |
| <i>Clark RA et al, 2022 (35)</i> | Yes | Yes | Yes | Yes | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | Yes | 10/12 Good |
| <i>Lai K et al, 2022 (38)</i> | Yes | Yes | NR | Yes | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | Yes | 9/12 Good |
| <i>Dekonenko C et al, 2020 (36)</i> | Yes | Yes | NR | No | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | No | 7/12 Fair |
| <i>Parrado R et al, 2019 (40)</i> | Yes | Yes | NR | Yes | No | Yes | Yes | NA | Yes | NA | Yes | NR | Yes | Yes | 9/12 Good |

Keller BA et al, 2016 (11) Yes Yes Yes Yes No Yes Yes NA Yes NA Yes NR Yes Yes 10/12 Good

Caption: NA – not aplicabel; NR - not reported

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