Table A: PRISMA 2009 checklist.

| *Section/topic* | *#* | *Checklist Item* | *Reported at page #* |
| --- | --- | --- | --- |
| **TITLE** |
| Title | 1 | Identifies the report as a systematic review, meta-analysis, or both. |  1 - 3 |
| **ABSTRACT** |
| Structured abstract | 2 | Provides a structured summary, including, as appropriate: background; objectives; data sources; study eligibility criteria, participants and interventions; evaluation study and synthesis methods; results; limitations; conclusions and implications of the key findings; systematic review record number. | 1 - 3 |
| **INTRODUCTION** |
| Logic | 3 | Describes the justification for the review under what is already known.  |  4 and 5 |
| Objectives | 4 | Provides an explicit statement of the issues to be addressed with reference to participants, interventions, comparisons, results, and study design (PICOS).  |  1 and 4 |
| **METHODS** |
| Protocol and registration | 5 | Indicates whether there is a review protocol, whether and where it can be accessed (for example, website address) and, if available, provides registration information, including registration number.  |  2 e 6 |
| Eligibility criteria | 6 | Specifies study characteristics (e.g., PICOS, follow-up length) and report characteristics (e.g., years considered, language, publication status) used as eligibility criteria, providing the logic. |  6 - 7 |
| Information sources | 7 | Describes all sources of information (e.g., databases with coverage dates, contacts study authors to identify additional studies) in the search and last searched date.  |  7 |
| Search | 8 | Presents the complete electronic search strategy, at least one database, including any limits used, such that it could be repeated. |  7 e 8 |
| Study selection | 9 | The process for selecting state studies (i.e., screening, eligibility included in the systematic review and, if appropriate, included in the meta-analysis).  |  7 e 8 |
| Data collection process | 10 | Describes the method of extracting data from reports (e.g., piloted, forms, independently, in duplicate) and all processes for obtaining and confirming data from researchers. |  7 e 8 |
| Data Items | 11 | Lists and defines all variables for which data were sought (e.g., PICOS, sources of funding) and any assumptions and simplifications made. | 6 - 7 |
| Risk of bias in individual studies | 12 | Describes the methods used to assess the risk of bias in the individual studies (including specifying whether this was done at the study level or outcome) and how this information is to be used in any data synthesis. | 6 |
| Summary measures | 13 | The main summary measures (e.g., risk ratio, means difference) of the state. | 7 and 8 |
| Synthesis of results | 14 | Describes methods of data manipulation and combining study results, if done, including consistency measures (eg, self 2) for each meta-analysis. | 7 and 8 |
| Risk of bias in studies | 15 | Specifies any risk assessment of bias that may affect cumulative evidence (e.g., bias publication, selective reporting within studies).  | 7 and 8 |
| Additional analyzes | 16 | Describes additional methods of analysis (e.g., sensitivity or subgroup analyzes, meta-regression). If done, indicating that they were previously specified. |  0 |
| **RESULTS** |
| Study selection | 17 | Provides numbers of selected study, assessed for eligibility and included in the review, with reasons for exclusions at each stage, ideally with a flowchart. |  8 and 9 |
| Characteristics of the study | 18 | For each study, presents characteristics for which the data were extracted (e.g., size, PICOS, follow-up of study period) and provides citations. | 8 and 9 |
| Risk of bias within studies  | 19 | Provides bias risk data for each study and, if available, any outcome-level assessment (see Item 12). | 7 |
| Results of individual studies | 20 | For all considered results (benefits or damages), presents, for each study: (a) simple summary data for each group intervention and (b) the effect of estimates and confidence intervals, ideally with a forest plot. | 7 |
| Synthesis of results | 21 | Presents the results of each meta-analysis conducted, including measures of consistency and confidence intervals. | 7 |
| Risk of bias in studies  | 22 | Presents the results of any bias risk assessment in studies (see item 15). | 7 |
| Additional analysis | 23 | Provides additional analysis results, if done (e.g., sensitivity or subgroup analyzes, meta-regression [see Item 16]). | 7 |
| **DISCUSSION** |
| Summary of evidence | 24 | Summarizes key findings, including the strength of evidence for each major outcome; considers their relevance to key groups (e.g., health care providers, users, decision makers). | 27 - 35 |
| Limitations | 25 | Discusses study-level limitations (e.g., risk of bias) and review-level outcomes (e.g., incomplete retrieval of identified research, reporting bias). |  35 |
| Conclusions | 26 | Provides a general interpretation of results in the context of other evidence and the implications for future research. |  35 |
| **FUNDING** |
| Funding | 27 | Describes the sources of funding for the systematic review and other types of support (e.g., data source); role of funders for the systematic review . | 39  |