*Additional File 2: AMSTAR-2 quality assessment*

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| Reference | AMSTAR-2 question | | | | | | | | | | | | | | | |  |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | Quality rating |
| Shepherd *et al*., 2006 | X | X | X | X | O | X | O | X | X | O | No MA | No MA | X | O | No MA | X | High |
| McHugh *et al*., 2020 | X | X | X | X | X | X | O | X | X | O | No MA | No MA | X | X | No MA | X | High |
| Van Cauwenberghe *et al*., 2010 | X | X | X | X | X | O | O | X | X | O | No MA | No MA | X | X | No MA | X | Moderate |
| Knai *et al*., 2006 | X | O | X | X | O | X | O | X | O | O | No MA | No MA | O | O | No MA | X | Low |
| De Sa and Lock., 2008 | X | O | X | X | O | X | O | X | X | O | No MA | No MA | O | X | No MA | X | Low |
| Meiklejohn *et al*., 2016 | X | O | X | X | x | X | O | X | O | O | No MA | No MA | X | O | No MA | X | Low |
| Nornberg *et al*., 2016 | X | O | X | X | X | X | O | X | O | O | No MA | No MA | X | X | No MA | X | Low |
| Vezina-Im *et* *al*., 2017 | X | X | X | X | X | X | O | X | X | O | No MA | No MA | X | X | No MA | X | Low |
| Murimi *et al*., 2018 | X | X | X | X | X | X | O | X | X | O | No MA | No MA | X | O | No MA | X | Low |
| Calvert *et al*., 2019 | X | O | X | X | X | X | O | X | X | O | No MA | No MA | X | X | No MA | X | Low |
| Ajie *et al*., 2014 | X | O | X | X | O | O | O | X | O | O | No MA | No MA | O | O | No MA | O | Critically low |
| Robinson *et al*., 2014 | X | O | X | X | X | x | O | X | O | O | No MA | No MA | O | O | No MA | X | Critically low |
| Vezina-Im *et al*., 2019 | X | O | X | X | O | O | O | X | O | O | No MA | No MA | O | O | No MA | X | Critically low |

X = met criteria; O = did not meet criteria; MA = meta-analysis