

## Supplementary Table 1. Risk of Bias Assessment

### A. Cohort Studies — Newcastle-Ottawa Scale (NOS)

Maximum score: 9 stars. Low risk:  $\geq 7$ ; Moderate risk: 5–6; High risk:  $\leq 4$

Study	Year	Selection				Comparability		Outcome			Total (0–9)	Risk of Bias
		S1	S2	S3	S4	C1	C2	O1	O2	O3		
Azenha et al. <sup>[16]</sup>	2022	✓	—	✓	✓	—	—	✓	✓	✓	7	Low risk
Chandra et al. <sup>[28]</sup>	2011	✓	✓	✓	✓	✓	—	✓	✓	✓	8	Low risk
Dua et al. <sup>[18]</sup>	2020	✓	—	✓	✓	✓	—	✓	✓	✓	8	Low risk
Farquharson et al. <sup>[12]</sup>	2024	✓	—	✓	✓	—	—	✓	✓	✓	7	Low risk
Gharagozloo et al. <sup>[29]</sup>	2021	✓	—	✓	✓	✓	—	✓	✓	✓	8	Low risk
Hosn et al. <sup>[31]</sup>	2020	✓	✓	✓	✓	✓	—	✓	✓	✓	8	Low risk
Lassner et al. <sup>[32]</sup>	2023	✓	✓	✓	✓	✓	—	✓	✓	✓	8	Low risk
Li et al. <sup>[21]</sup>	2021	✓	✓	✓	✓	✓	—	✓	✓	✓	8	Low risk
Nuutinen et al. <sup>[22]</sup>	2021	✓	—	✓	✓	—	—	✓	✓	✓	7	Low risk
Nuutinen et al. <sup>[23]</sup>	2022	✓	✓	✓	✓	✓	—	✓	✓	✓	8	Low risk
Ochuba et al. <sup>[24]</sup>	2023	✓	—	✓	✓	✓	✓	✓	✓	✓	9	Low risk
Orlando et al. <sup>[33]</sup>	2015	✓	—	✓	✓	✓	—	✓	✓	✓	8	Low risk
Rochlin et al. <sup>[25]</sup>	2013	✓	—	✓	✓	✓	✓	✓	✓	✓	9	Low risk
Rochlin et al. <sup>[26]</sup>	2014	✓	✓	✓	✓	—	✓	✓	✓	✓	8	Low risk

*NOS Domains — Selection: S1 = Representativeness of the exposed cohort; S2 = Selection of the non-exposed cohort (— = not applicable for single-arm studies); S3 = Ascertainment of exposure; S4 = Demonstration that outcome of interest was not present at start of study.*

*Comparability: C1 = Comparability of cohorts on the basis of design or analysis; C2 = Comparability based on any additional factor.*

*Outcome: O1 = Assessment of outcome; O2 = Follow-up long enough for outcomes to occur; O3 = Adequacy of follow-up of cohorts.*

*✓ = criterion met (star awarded); X = criterion not met; — = not applicable.*

## B. Case Series — JBI Critical Appraisal Checklist

Maximum score: 10. Low risk:  $\geq 8$ ; Moderate risk: 5–7; High risk:  $\leq 4$

Study	Year	JBI Criteria (Q1–Q10)										Score (0–10)	Risk of Bias
		Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10		
Derdiyok et al. [15]	2024	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	Low risk
George et al. [19]	2016	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	Low risk
Kocher et al. [20]	2018	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	Low risk
Whiley et al. [27]	2023	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	Low risk

*JBI Criteria: Q1 = Clear criteria for inclusion; Q2 = Condition measured in a standard, reliable way; Q3 = Valid methods for identification of the condition; Q4 = Consecutive inclusion; Q5 = Complete inclusion; Q6 = Clear reporting of participant demographics; Q7 = Clear reporting of clinical information; Q8 = Clear reporting of outcomes or follow-up results; Q9 = Clear reporting of presenting site/clinic demographic information; Q10 = Appropriate statistical analysis.*

✓ = Yes (criterion met); X = No (criterion not met).

## C. Randomized Controlled Trial — Cochrane Risk of Bias Tool 2 (RoB 2)

Study	Year	D1: Randomization	D2: Deviations from Intervention	D3: Missing Outcome Data	D4: Outcome Measurement	D5: Selective Reporting	Overall Risk of Bias
Goeteyn et al. [30]	2022	Low risk	Some concerns	Low risk	Some concerns	Low risk	Some concerns

*RoB 2 Domains: D1 = Bias arising from the randomization process; D2 = Bias due to deviations from intended interventions; D3 = Bias due to missing outcome data; D4 = Bias in measurement of the outcome; D5 = Bias in selection of the reported result.*