**Table S2 National Institute of Health (NIH) tool for Quality Assessment of Systematic Reviews and Meta-analyses.**

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| --- | --- | --- | --- |
| **Criteria** | **Yes** | **No** | **Others(CD, NR, NA)\*** |
| 1. Is the review based on a focused question that is adequately formulated and described | **Yes** |  |  |
| 2. Were eligibility criteria for included and excluded studies predefined and specified? | **Yes** |  |  |
| 3. Did the literature search strategy use a comprehensive, systematic approach? | **Yes** |  |  |
| 4. Were titles, abstracts, and full-text articles dually and independently reviewed for inclusion and exclusion to minimize bias? | **Yes** |  |  |
| 5. Was the quality of each included study rated independently by two or more reviewers using a standard method to appraise its internal validity? | **Yes** |  |  |
| 6. Were the included studies listed along with important characteristics and results of each study? | **Yes** |  |  |
| 7. Was publication bias assessed? | **Yes** |  |  |
| 8. Was heterogeneity assessed? (This question applies only to meta-analyses.) |  |  | **NA** |

|  |  |
| --- | --- |
| Quality Rating (Good, Fair, or Poor) | **Good** |
| Rater #1 initials: |  |
| Rater #2 initials: |  |
| Additional Comments (If POOR, please state why): |  |

*\*CD, cannot determine; NA, not applicable; NR, not reported*

*(Source: https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools).*