

Supplement file

Quality Assessment

Criteria	Wilkinson et al. (2021) [4]	Frangoul et al. (2021) [5]	Sharma et al. (2023) [6]	Frangoul et al. (2024) [7]	Kanjee et al. (2017) [8]	Jonsdottir et al. (2025) [9]	Gantz et al. (2015) [10]
1. Question / objective sufficiently described ?	2	2	2	2	2	2	2
2. Study design evident and appropriate?	2	2	2	2	2	2	2
3. Method of subject selection described and appropriate?	2	2	2	2	1	2	2
4. Subject characteristics sufficiently described ?	2	2	2	2	2	2	2

5. Random allocation to the treatment group described ?	N/A	0	0	2	N/A	0	0
6. Blinding of investigators to intervention reported ?	0	0	0	2	No	0	0
7. Blinding of subjects to intervention reported ?	N/A	0	0	2	N/A	N/A	N/A
8. Outcome measures robust to misclassification bias?	2	2	2	2	1	2	2
9. Sample size appropriate?	2	2	2	2	1	2	2

10. Analysis described and appropri ate?	2	2	2	2	2	2	2
11. Estimate of variance reported ?	2	2	2	2	2	2	2
12. Controlle d for confound ing?	2	2	2	2	1	2	1
13. Results reported in sufficient detail?	2	2	2	2	2	2	2
14. Conclusi ons supporte d by the results?	2	2	2	2	2	2	2
Total	22/24	22/28	22/28	28/28	18/24	24/26	21/26

Quality Assessment Continued

Criteria	Hoban et al. (2016) [13]	Fрати et al. (2024) [14]	Carrington et al. (2026) [15]	Nishi et al. (2021) [16]	Zhang et al. (2017) [17]	Kumari et al. (2025) [18]
1. Question/objective sufficiently described?	2	2	2	2	2	2
2. Study design evident and appropriate?	2	2	2	2	2	2
3. Method of subject selection described and appropriate?	2	2	2	2	2	1
4. Subject characteristics sufficiently described?	2	2	2	2	2	2
5. Random allocation to the treatment group described?	N/A	N/A	N/A	N/A	N/A	N/A
6. Blinding of investigators to intervention reported?	0	0	No	0	N/A	1
7. Blinding of subjects to intervention reported?	N/A	N/A	N/A	N/A	N/A	N/A
8. Outcome measures robust to misclassification bias?	2	2	2	2	2	2
9. Sample size appropriate?	2	2	2	1	2	2
10. Analysis described and appropriate?	2	2	2	2	2	2

11. Estimate of variance reported?	2	2	2	2	2	2
12. Controlled for confounding?	2	2	2	2	1	1
13. Results reported in sufficient detail?	2	2	2	2	2	2
14. Conclusions supported by the results?	2	2	2	2	2	2
Total	22/24	22/24	22/24	21/24	21/22	21/24