**Supplementary Table 3 Modified GRADE approach.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Area assessed | Imprecision | Risk of bias (trial quality) \* | Inconsistency # | Risk of bias (review quality) |
| Method of assessment | Number of participants |  | Heterogeneity, assessed by *I2*statistic | Critical domain of AMSTAR 2 (Item2/4/9/11/13/15) |
| No downgrade | ≥200 | ≥75% of studies have low risk of bias | *I2*≤75% |  |
| Downgrade one level | 100-199 | <75% of studies have low risk of bias | *I2*>75% | one critical domain is absent |
| Downgrade two levels | 1-99 |  |  | ≥2 critical domains are absent |

a \* We used the risk of bias in included meta-analyses. Risk of bias at the included study level was downgraded one level if it was not reported.

b # Inconsistency was downgraded one level if *I2* was not reported. Inconsistency was not downgraded if there was only one trial.

**c GRADE level of evidence:** High: 0 downgrade; Moderate: 1 or 2 downgrades; Low: 3 or 4 downgrades; Very low: 5 or 6 downgrades.

AMSTAR-2: A MeaSurement Tool to Assess systematic Reviews 2; GRADE: Grading of Recommendations Assessment, Development and Evaluation.