

Supplementary Table S1

A. Retrospective cohort/case controls

Study	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	Weightage/100%	22
Polat 2015	1	1	1	1	1	1	1	1	0	1	1	1	NA	1	1	1	NA	1	1	1	1	1	95.0	20
Hussain 2020	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1	0	0	1	1	1	1	1	86.4	22
Chia 2014	1	1	1	1	1	1	1	1	0	1	1	0	1	0	0	1	1	1	1	1	1	1	81.8	22

B. Randomised trial studies

	Randomisation process	Deviation from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported results	Overall bias
Levchenko 2023	Low	Low	Unclear	Low	Low	Low
Bharathi 2022	Low	Low	Unclear	Low	Low	Low
Sachdev 2019	Low	Low	Unclear	Low	Low	Low
Khanababee 2024	Unclear	Low	Unclear	Unclear	Unclear	High