

Supplementary Table 1. Table of risk of bias using the Cochrane ROBINS-I Tool

Study	Publication year	Confounder	Subject selection	Classification of interventions	Deviations in interventions	Missing data	Biased measurements	Biased reporting	Overall bias rating
Guler et al. ¹³	2015	Serious	Low	Moderate	Moderate	Low	Serious	Serious	Serious
Ilyas et al. ¹¹	2015	Moderate	Low	Low	Low	Low	Low	Moderate	Moderate
Mazur et al. ¹⁴	2015	Moderate	Moderate	Low	Low	Low	Moderate	Moderate	Moderate
Elder et al. ²⁴	2017	Moderate	Serious	Low	Low	Low	Moderate	Moderate	Serious
Nazemi et al. ²⁵	2018	Moderate	Low	Low	Low	Low	Low	Moderate	Moderate
Luo et al. ²⁶	2021	Moderate	Low	Low	Low	Low	Low	Moderate	Moderate
Eastlack et al. ¹⁸	2022	Serious	Low	Moderate	Moderate	Low	Low	Serious	Serious
McDonnell et al. ²⁷	2022	Moderate	Moderate	Low	Low	Low	Low	Moderate	Moderate
Lee et al. ²⁸	2023	Moderate	Low	Low	Low	Low	Low	Serious	Serious
Martin et al. ¹⁹	2023	Serious	Low	Moderate	Moderate	Low	Low	Serious	Serious

ROBINS-I, Risk Of Bias In Nonrandomized Studies of Interventions.

None of the included studies had any domain that was rated as critical. Overall risk of bias: equal to the most severe level of bias found in any domain.