

Supplementary Material S1. Methodological quality of the included review studies evaluated by means of the Quality Assessment Tool (National Institutes of Health, 2014).

Author (year)	Checklist Items for Observational Cohort and Cross-Sectional Studies <sup>b</sup>								QRS <sup>c</sup>
	1	2	3	4	5	6	7	8	
<b>Barreto et al. (2024) [50]</b>	1	1	1	1	1	1	0	1	Excellent 7/8
<b>Barreto et al. (2022) [51]</b>	1	1	1	1	1	1	1	1	Excellent 8/8
<b>Ciaccioni et al. (2019) [52]</b>	1	1	1	1	1	1	0	1	Excellent 7/8
<b>Gutierrez-Garcia et al. (2018) [53]</b>	1	1	1	1	0	1	0	0	Good 5/8
<b>Hlasho et al. (2023) [54]</b>	0	1	1	1	1	0	0	0	Fair 4/8
<b>Lakicevic et al. (2020) [55]</b>	1	1	1	1	1	1	0	1	Excellent 7/8
<b>Lakicevic et al. (2024) [56]</b>	1	1	1	1	0	1	0	0	Good 5/8
<b>Lockhart et al. (2022) [57]</b>	1	1	1	1	1	1	0	1	Excellent 7/8
<b>Mooren et al. (2023) [58]</b>	1	1	1	1	1	1	1	1	Excellent 8/8
<b>Palumbo et al. (2023) [43]</b>	1	1	1	1	1	1	0	0	Good 6/8
<b>Pečnikar et al. (2020) [59]</b>	1	1	1	0	1	1	0	0	Good 5/8
<b>Pocecco et al. (2013) [60]</b>	1	1	1	0	0	0	0	0	Fair 3/8
<b>Rossi et al. (2022) [61]</b>	1	1	1	1	1	1	0	0	Good 6/8
<b>Schoof et al. (2024) [62]</b>	1	1	1	1	1	1	0	0	Good 6/8
<b>Sterkowicz et al. (2019) [63]</b>	1	1	1	0	0	1	0	1	Good 5/8
<b>Sterkowicz et al. (2014) [64]</b>	1	0	1	0	0	1	0	0	Fair 3/8

<sup>a</sup> see References.

<sup>b</sup> Scale items: 1. Focused question; 2. Eligibility criteria; 3. Literature search; 4. Dual review; 5. Internal validity; 6. Included studies description; 7. Publication bias; and 8. Heterogeneity. “1” indicates a “yes” score, and “0” indicates a “no” score or criterion not reported, or not determinable, or not applicable.

<sup>c</sup> Quality Rating Score: Excellent=7-8, Good=6-5, Fair=4-3, Poor=0-2.

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