

**Table S2.** Risk of Bias Assessment According to the RoB 2 Tool

| No  | Study                         | Randomization Process | Deviations from Intended Interventions | Missing Outcome Data | Outcome Measurement | Selective Reporting | Overall Risk of Bias |
|-----|-------------------------------|-----------------------|----------------------------------------|----------------------|---------------------|---------------------|----------------------|
| 2.  | Guerrero-Navarro et al., 2024 | Some concerns         | Some concerns                          | Some concerns        | Low                 | Low                 | Some concerns        |
| 8.  | Kim et al., 2023              | Some concerns         | Some concerns                          | Some concerns        | Low                 | Low                 | Some concerns        |
| 16. | Riskowski et al., 2019        | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 18. | Cacciatore et al., 2010       | Some concerns         | Some concerns                          | Low                  | Low                 | Low                 | Some concerns        |
| 23. | Maestri et al., 2021          | Some concerns         | Some concerns                          | Low                  | Low                 | Low                 | Some concerns        |
| 25. | Dergousova et al., 2017       | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 27. | Anashkina et al., 2023        | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 29. | Kim et al., 2024              | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 32. | Handy et al., 2009            | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 33. | Sands et al., 2018            | Some concerns         | Low                                    | Low                  | Low                 | Low                 | Some concerns        |
| 38. | Chelchowska et al., 2025      | High                  | High                                   | Low                  | Low                 | Low                 | High                 |
| 41. | Hong et al., 2006             | Some concerns         | Some concerns                          | Low                  | Low                 | Low                 | Some concerns        |
| 49. | Schmidt et al., 2019          | Some concerns         | Some concerns                          | Low                  | Low                 | Low                 | Some concerns        |
| 54. | Pessoa et al., 2016           | Some concerns         | Some concerns                          | Low                  | Some concerns       | Low                 | Some concerns        |
| 61. | Świdarska-Kołacz et al., 2021 | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 65. | Nogales et al., 2013          | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 66. | Dogan et al., 2016            | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 68. | Zhou et al., 2002             | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 69. | Chen et al., 2021             | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 73. | He et al., 2020               | Some concerns         | Some concerns                          | Low                  | Low                 | Low                 | Some concerns        |
| 76. | Kahl et al., 2018             | Some concerns         | Some concerns                          | Low                  | Low                 | Low                 | Some concerns        |
| 80. | Rozanski & Xu, 2002           | Some concerns         | Some concerns                          | Low                  | Some concerns       | Low                 | Some concerns        |
| 84. | Cipollina et al., 2022        | Low                   | Low                                    | Low                  | Low                 | Low                 | Low                  |
| 85. | Koike et al., 2007            | Some concerns         | Some concerns                          | Low                  | Low                 | Low                 | Some concerns        |

|      |                                 |               |               |               |               |     |               |
|------|---------------------------------|---------------|---------------|---------------|---------------|-----|---------------|
| 86.  | Pekovic-Vaughan et al., 2014    | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 95.  | Xiang et al., 2022              | Low           | Low           | Low           | Low           | Low | Low           |
| 96.  | Shang et al., 2016              | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 97.  | Bonetti et al., 2024            | Some concerns | Some concerns | Low           | Some concerns | Low | Some concerns |
| 104. | Chelchowska et al., 2025        | Low           | Low           | Low           | Low           | Low | Low           |
| 109. | Tamas et al., 2021              | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 112. | Sekhar et al., 2022             | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 113. | Gronau et al., 2003             | High          | Some concerns | Low           | Low           | Low | High          |
| 124. | Watanabe et al., 2014           | Low           | Low           | Low           | Low           | Low | Low           |
| 125. | Grandi et al., 2019             | Low           | Low           | Low           | Low           | Low | Low           |
| 126. | Cui et al., 2024                | Low           | Low           | Low           | Low           | Low | Low           |
| 127. | Arjinpethana & Asawanonda, 2012 | Low           | Low           | Low           | Low           | Low | Low           |
| 128. | Handog et al., 2016             | Some concerns | Low           | Some concerns | Low           | Low | Some concerns |
| 129. | Duperray et al., 2022           | Low           | Low           | Low           | Low           | Low | Low           |
| 130. | Richie et al., 2015             | Low           | Low           | Low           | Low           | Low | Low           |
| 135. | Johnstone et al., 2018          | High          | High          | Some concerns | Low           | Low | High          |
| 137. | Wu et al., 2024                 | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 142. | Gao et al., 2019                | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 143. | Li et al., 2024                 | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 144. | Zhu et al., 2024                | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 145. | Liu et al., 2025                | Low           | Low           | Low           | Low           | Low | Low           |
| 155. | Waly et al., 2015               | Some concerns | Some concerns | Low           | Some concerns | Low | Some concerns |
| 156. | Tram et al., 2021               | Low           | Low           | Low           | Low           | Low | Low           |
| 157. | Gao et al., 2002                | Low           | Low           | Low           | Low           | Low | Low           |
| 158. | Guaiquil et al., 2001           | Low           | Low           | Low           | Low           | Low | Low           |
| 163. | Hakozaki et al., 2006           | High          | Some concerns | Low           | Some concerns | Low | High          |
| 166. | Jeong et al., 2017              | Some concerns | Some concerns | Low           | Low           | Low | Some concerns |
| 168. | Park et al., 2022               | Low           | Low           | Low           | Low           | Low | Low           |

|      |                          |               |               |     |     |     |               |
|------|--------------------------|---------------|---------------|-----|-----|-----|---------------|
| 169. | Wahab et al., 2021       | Low           | Low           | Low | Low | Low | Low           |
| 170. | Schmitt et al., 2015     | Some concerns | Some concerns | Low | Low | Low | Some concerns |
| 173. | Shen & Wang, 2021        | Some concerns | Some concerns | Low | Low | Low | Some concerns |
| 179. | Lusini et al., 2001      | Some concerns | Some concerns | Low | Low | Low | Some concerns |
| 180. | Lau et al., 2020         | Low           | Low           | Low | Low | Low | Low           |
| 182. | Theodossiou et al., 2017 | Low           | Low           | Low | Low | Low | Low           |
| 183. | De Luca et al., 2019     | Low           | Low           | Low | Low | Low | Low           |
| 184. | Alqarni et al., 2021     | Low           | Low           | Low | Low | Low | Low           |