

Supplementary Table 1. Definition of the evidence level and recommendation grade¹⁹⁾

	Definition
Level of evidence (LOE)	
Ia	Evidence obtained from the meta-analysis of randomized controlled trials
Ib	Evidence obtained from at least one randomized controlled trial
IIa	Evidence obtained from at least one well-designed controlled study without randomization
IIb	Evidence obtained from at least one other type of well-designed quasi-experimental study
III	Evidence obtained from well-designed non-experimental descriptive studies, such as comparative studies, correlation studies, and case studies
IV	Evidence obtained from expert committee reports or opinions and/or clinical experiences of respected authorities
Grade of recommendation (GOR)	
A (LOE Ia and Ib)	At least one randomized controlled trial as part of the body of literature of overall good quality and consistency addressing a specific recommendation
B (LOE IIa, IIb, and III)	Availability of well conducted clinical studies but no randomized clinical trials on the topic of the recommendation
C (LOE IV)	Evidence obtained from expert committee reports or opinions and/or clinical experiences of respected authorities. Indicates absence of directly applicable clinical studies of good quality