

Supplementary Table 2. Bias assessment of observational studies

	Puga et al.2018 ²⁰	Aburajab et al.2018 ²¹	Ali et al.2019 ²²	Haddad et al.2023 ²³	Shamah et al.2022 ²⁴	Aujla et al.2023 ²⁶	Perez et al.2022 ²⁷	AbiMansour et al.2024 ¹⁹
1. Was the study question or objective clearly stated?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2. Were eligibility/selection criteria for the study population prespecified and clearly described?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3. Were the participants in the study representative of those who would be eligible for the test/service/intervention in the general or clinical population of interest?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4. Were all eligible participants that met the prespecified entry criteria enrolled?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
5. Was the sample size sufficiently large to provide confidence in the findings?	No	No	No	No	No	No	No	No
6. Was the test/service/intervention clearly described and delivered consistently across the study population?	Yes	Yes	No	Yes	Yes	No	No	Yes
7. Were the outcome measures prespecified, clearly defined, valid, reliable, and assessed consistently across all study participants?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
8. Were the people assessing the outcomes blinded to the participants' exposures/interventions?	No	No	No	No	No	No	No	No
9. Was the loss to follow-up after baseline 20% or less? Were those lost to follow-up accounted for in the analysis?	Yes/NA	Yes/NA	Unknown	Yes/yes	Yes/NA	Unknown	Unknown	Yes/NA
10. Did the statistical methods examine changes in outcome measures from before to after the intervention? Were statistical tests done that provided p values for the pre-to-post changes?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11. Were outcome measures of interest taken multiple times before the intervention and multiple times after the intervention (i.e., did they use an interrupted time-series design)?	NA	NA	NA	NA	NA	NA	NA	NA