

Supplementary Table S10. Template for interventions' effects on outcomes of included studies.

Outcome	Study ^a	[Interventions] ^b	[Comparisons] ^c
[outcome term] ([metric])	[study citation or ID]	[descriptive statistics according to the format]	[effect size] ([%95 confidence of intervals])

Note. [] denotes the fields to be filled out by the reviewer.

^a

— The field can be repeated several times.

^b

— The header is the name of the interventions and can be repeated a number of times according to the interventions and subgroups studied.

— The descriptives are represented in the following formats (inside quotation marks only, and [] denotes the fields to be filled by the reviewer):

(i) Differences: “[mean]±[standard deviation](n=[size])”

(ii) Associations and regressions: “[number of events]/[total number of events]”

^c

— The header is the name of two interventions that represent two-arm comparisons and can be repeated a number of times according to the interventions and subgroups studied.

— The effects sizes are odds ratio for associations and regressions and Hedges' g for differences.

— Bold values for representing statistically significant values (p<.05).