

### Online supplementary material S2: Assessment of risk of bias

Risk of bias of included clinical trials: Review authors' judgements about each risk of bias item of the Cochrane's RoB tool for each study.

|                                   | Random sequence generation (selection bias) | Allocation concealment (selection bias) | Blinding of participants and personnel (performance bias) | Blinding of outcome assessment (detection bias) | Incomplete outcome data (attrition bias) | Selective reporting (reporting bias) | Other bias |
|-----------------------------------|---|---|---|---|--|--------------------------------------|------------|
| Ambrosino et al., 2020            | +   | +                                       | -   | -   | +  | +                                    | +          |
| Aranow et al., 2021               | +   | +                                       | +   | +   | +  | +                                    | +          |
| Austin et al., 1996               | +   | +                                       | +   | ?   | +  | +                                    | +          |
| Avaux et al., 2016                | +   | -                                       | -   | -   | +  | +                                    | +          |
| Azeez et al., 2020                | +   | +                                       | -   | -   | +  | +                                    | +          |
| Bachmair et al., 2022             | +   | +                                       | -   | -   | +  | +                                    | +          |
| Bogdanovic et al., 2015           | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Cagliyan et al., 2007             | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Cetin et al., 2020                | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Chen et al., 2021                 | +   | ?                                       | ?   | ?   | +  | +                                    | +          |
| Daltroy et al., 1995              | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Danoff-Burg et al., 2006          | ?   | +                                       | -   | -   | ?  | +                                    | +          |
| Dardin et al., 2022               | +   | +                                       | -   | +   | +  | +                                    | +          |
| Davies et al., 2012               | +   | +                                       | -   | -   | +  | +                                    | +          |
| Davis et al., 2015                | +   | +                                       | -   | -   | ?  | +                                    | +          |
| Durcan et al., 2014               | +   | +                                       | -   | -   | +  | +                                    | +          |
| Durmus et al., 2009               | ?   | ?                                       | -   | -   | ?  | ?                                    | ?          |
| Evans et al., 2013                | ?   | ?                                       | -   | -   | +  | +                                    | +          |
| Evers et al., 2002                | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Feldthusen et al., 2015           | +   | +                                       | -   | -   | +  | +                                    | +          |
| Ferwerda et al., 2017             | +   | +                                       | -   | -   | ?  | +                                    | +          |
| Garcia et al., 2014               | +   | ?                                       | -   | -   | -  | +                                    | +          |
| Giraudet-Le Quintrec et al., 2007 | +   | +                                       | -   | -   | +  | +                                    | +          |
| Greco et al., 2003                | +   | +                                       | -   | -   | +  | +                                    | +          |
| Greco et al., 2008                | +   | +                                       | +   | +   | +  | +                                    | +          |
| Hakkinen et al., 2003             | ?   | ?                                       | ?   | ?   | +  | +                                    | +          |

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|------------------------------|---|---|---|---|--|--------------------------------------|------------|
| Hammond et al., 2008         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Harkcom et al., 1984         | ?   | +                                       | -   | -   | -  | -                                    | -          |
| Harper et al., 2021          | +   | +                                       | -   | -   | +  | +                                    | +          |
| Hewlett et al., 2011         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Hewlett et al., 2019         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Karlson et al., 2004         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Katz et al., 2018            | +   | +                                       | -   | -   | +  | +                                    | +          |
| Keramiotou et al., 2020      | +   | -                                       | -   | -   | +  | +                                    | +          |
| Knittle et al., 2013         | +   | +                                       | +   | ?   | +  | +                                    | +          |
| Koksvik et al., 2012         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Kucharski et al., 2019       | +   | +                                       | -   | -   | +  | +                                    | +          |
| Laforest et al., 2008        | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Lange et al., 2020           | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Lau et al., 2019             | +   | +                                       | -   | -   | ?  | +                                    | +          |
| Li et al., 2020              | +   | +                                       | -   | -   | +  | +                                    | +          |
| Lopes-Souza et al., 2021     | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Lorig et al., 2005           | +   | ?                                       | +   | +   | +  | +                                    | +          |
| Lorig et al., 2008           | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Macedo et al., 2009          | +   | +                                       | -   | -   | +  | +                                    | +          |
| Manning et al., 2014         | +   | +                                       | ?   | ?   | +  | +                                    | +          |
| Masiero et al., 2011         | +   | +                                       | -   | -   | -  | +                                    | +          |
| Mayoux-Benhamou et al., 2008 | +   | +                                       | -   | -   | +  | +                                    | +          |
| McBain et al., 2016          | +   | -                                       | -   | -   | +  | +                                    | +          |
| Metin et al., 2016           | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Miyamoto et al., 2019        | +   | +                                       | -   | -   | +  | +                                    | +          |
| Ndosi et al., 2013           | +   | +                                       | -   | ?   | +  | +                                    | +          |
| Neuberger et al., 2007       | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Niedermann et al., 2013      | +   | +                                       | -   | -   | +  | +                                    | +          |

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|-----------------------------|---|---|---|---|--|--------------------------------------|------------|
| Noreau et al., 1995         | ?   | -                                       | -   | -   | ?  | -                                    | -          |
| Pinto et al., 2020          | +   | +                                       | +   | +   | +  | +                                    | +          |
| Pot-Vaucel et al., 2016     | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Primdahl et al., 2012       | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Primdahl et al., 2014       | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Prioreschi et al., 2016     | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Puksic et al., 2021         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Ramsey-Goldman et al., 2000 | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Robb-Nicholson et al., 1989 | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Santos et al., 2016         | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Scott et al., 2020          | +   | +                                       | -   | -   | +  | +                                    | +          |
| Strombeck et al., 2007      | +   | +                                       | -   | -   | ?  | +                                    | +          |
| Sveaas et al., 2018         | +   | +                                       | -   | -   | +  | +                                    | +          |
| Sveaas et al., 2020a        | +   | +                                       | -   | -   | +  | +                                    | +          |
| Sveaas et al., 2020b        | +   | +                                       | -   | -   | +  | +                                    | +          |
| Tench et al., 2003          | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Thomsen et al., 2017        | +   | -                                       | -   | +   | +  | +                                    | +          |
| Thomsen et al., 2019        | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Thomsen et al., 2020        | +   | +                                       | -   | -   | +  | +                                    | +          |
| Tiffreau et al., 2016       | +   | ?                                       | -   | -   | +  | +                                    | +          |
| Wadell et al., 2021         | +   | +                                       | +   | -   | ?  | +                                    | +          |
| Wallace et al., 2019        | +   | +                                       | -   | +   | +  | +                                    | +          |
| Wang et al., 2008           | +   | +                                       | ?   | ?   | +  | +                                    | +          |
| Wu et al., 2019             | +   | +                                       | ?   | -   | +  | +                                    | +          |
| Xie et al., 2019            | +   | +                                       | -   | +   | +  | +                                    | +          |
| Yakut et al., 2021          | +   | +                                       | -   | -   | +  | +                                    | +          |
| Yentür et al., 2021         | +   | ?                                       | -   | -   | ?  | +                                    | +          |
| Zangi et al., 2012          | +   | +                                       | -   | -   | +  | +                                    | +          |