**Appendices**

***Appendix A:*** *Search terms & strategy*

A picture containing text, compact disk, circle, data storage device

Description automatically generated

***Appendix B:*** *Questions assessed for risk of bias.*  
  
A picture containing black, darkness

Description automatically generated

***Appendix C:*** *Sensitivity analysis.*

A screenshot of a graph

Description automatically generated with low confidence

Appendix C1. Combined observations: 300. Observed heterogeneity between publications detected using Higgin's I2 and t2. Meta-analytical method: Inverse variance method, Sidik-Jonkman estimator for t2. Hedges g. Random effects model 7.55 (95% CI: 10.72 to 27.62; p = 0.58). Prediction interval (-40.50 to 55.61). Abbreviations: CI = confidence interval; MD = mean difference; SD = standard deviation.

A picture containing text, screenshot, font, number

Description automatically generatedAppendix C2. Combined observations: 218. Observed heterogeneity between publications detected using Higgin's I2 and t2. Meta-analytical method: Inverse variance method, Sidik-Jonkman estimator for t2. Hedges g. Random effects model 4.94 (95% CI: 17.74 to 27.62; p = 0.32). Prediction interval (-53.41 to 63.30). \*Transformed data. Data for Vanderbyl et al.(24) used with imputed SD value. Abbreviations: CI = confidence interval; MD = mean difference; SD = standard deviation.

A picture containing text, screenshot, font, line

Description automatically generatedAppendix C3. Combined observations: 289. Observed heterogeneity between publications detected using Higgin's I2 and t2. Meta-analytical method: Inverse variance method, Sidik-Jonkman estimator for t2. Hedges g. Random effects model 6.58 (95% CI: -14.87 to 28.04; p = 0.085). Prediction interval (-49.69 to 62.85). \*Transformed data. Data for Huang et al.(50) and Sohl et al.(52) used with imputed SD value. Abbreviations: CI = confidence interval; MD = mean difference; SD = standard deviation.

***Appendix D:*** *PRISMA Checklist*

A checklist with text and images

Description automatically generated

A checklist with text and numbers

Description automatically generated

A screenshot of a checklist

Description automatically generated

***Appendix E:*** *PRISMA Abstract Checklist*  
