

**Supplementary Table 1.** Effective Public Health Practice Project (EPHPP) quality assessment of included studies

Study	Selection bias	Study design	Confounders	Blinding	Data collection method	Withdrawals and dropouts	Rating
Barchetta et al. (2020) [23]	1	2	3	2	1	1	Moderate
Khare et al. (2020) [28]	1	2	1	2	1	1	Strong
Christoforidis et al. (2020) [26]	3	2	1	2	1	1	Moderate
Al Agha et al. (2021) [21]	1	2	1	2	1	1	Strong
Cotovad-Bellas et al. (2020) [17]	2	2	3	2	1	1	Moderate
Mesa et al. (2020) [19]	1	2	2	2	1	1	Strong
Dover et al. (2021) [33]	3	2	3	2	1	1	Weak
Longo et al. (2020) [35]	2	2	3	2	1	1	Moderate
Potier et al. (2021) [27]	1	2	2	2	1	1	Strong
Vinals et al. (2021) [20]	1	2	2	2	1	1	Strong
Brener et al. (2020) [25]	1	2	1	2	1	1	Strong
Ruissen et al. (2021) [16]	1	2	1	2	1	1	Strong
Tornese et al. (2020) [39]	2	2	3	2	1	1	Moderate
Aragona et al. (2020) [13]	2	2	2	2	1	1	Strong
Verma et al. (2020) [22]	2	2	1	3	2	2	Moderate
Alaqeel et al. (2021) [12]	2	2	1	2	1	1	Strong
Di Dalmazi et al. (2020) [38]	2	2	3	2	1	1	Moderate
Parise et al. (2021) [15]	1	2	1	2	1	1	Strong
Biancalana et al. (2021) [14]	2	2	1	2	1	1	Strong
Karatas et al. (2021) [18]	1	2	1	2	2	1	Strong
Bonora et al. (2020) [24]	2	2	3	2	1	1	Moderate