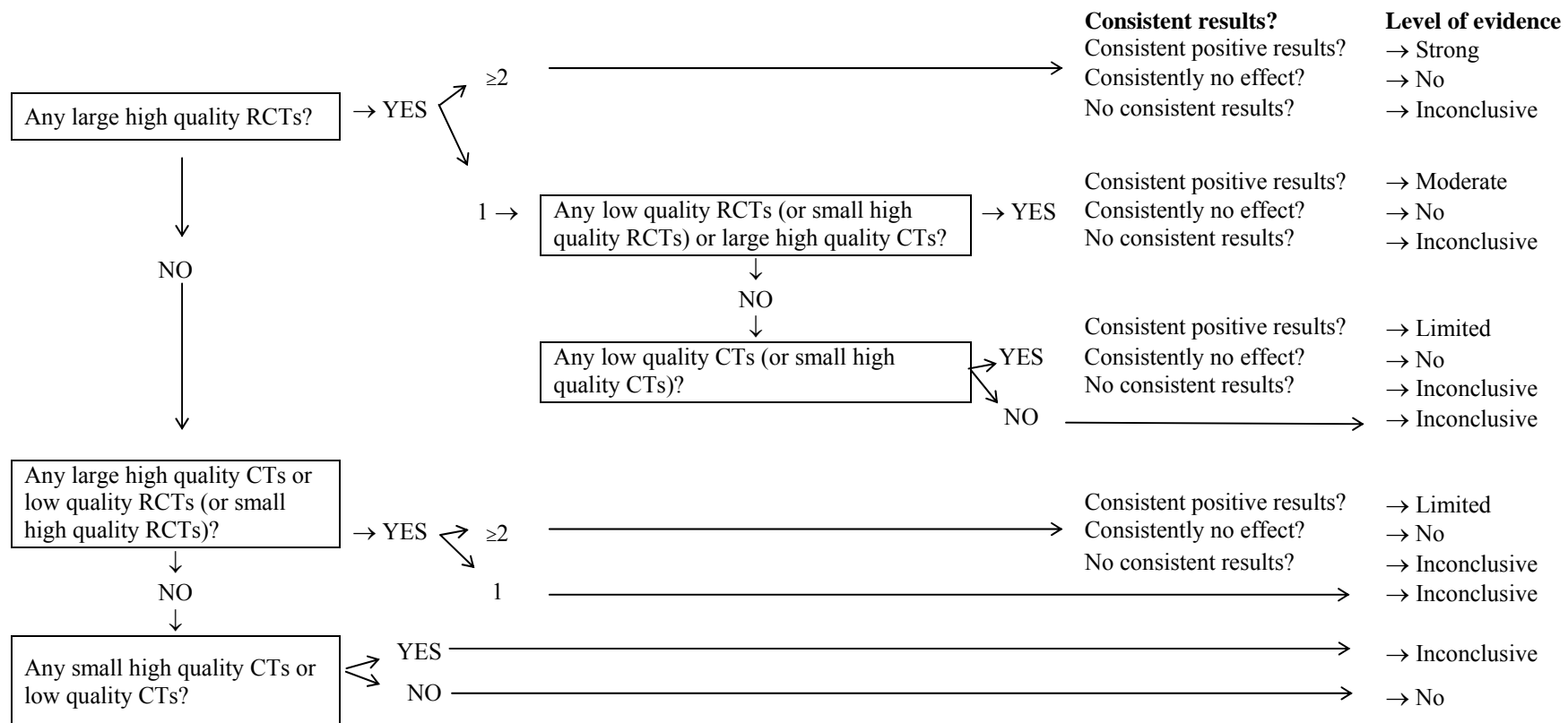


Supplemental figure: Flow chart of decision-making process for levels of evidence, based on study design, study quality and study size.

Consistent positive results (66.6% of relevant studies reporting significant positive results) are needed to achieve strong, moderate or limited levels of evidence.



NOTE: studies including  $\leq 250$  participants or not providing sample size justifying a smaller sample size are considered 'small', studies including  $>250$  participants are considered 'large'.