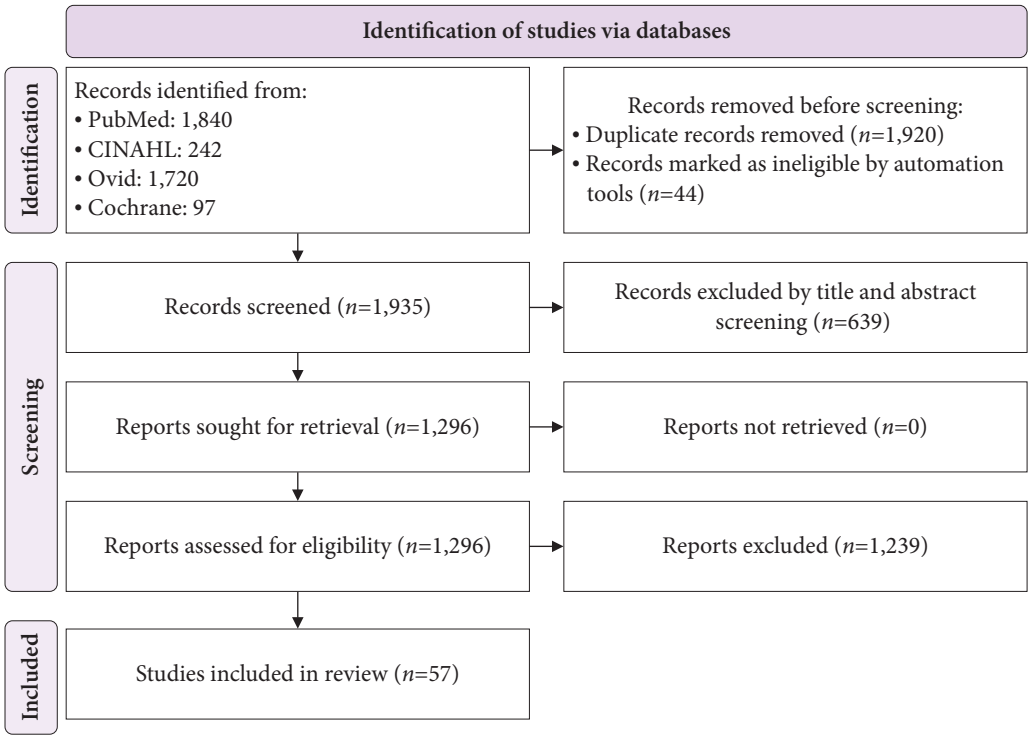


**Supplementary Fig. 1.** Preferred Reporting Items for Systematic Reviews and Meta-Analyses flowchart.