

Supplementary Table S2

The modified version of the Q-Genie tool

The modified version of the Q-Genie tool used for assessing the methodological and reporting quality of the included studies and the criteria for rating each item.

Item	Question and criteria for rating
Q1	Rate the study on the adequacy of the presented hypothesis and rationale. Best-case scenario: The rationale, necessity, and hypotheses behind the study were adequately explained and were in line with previous findings and evidence.
Q2	Rate the study on the technical aspects of the measurement of the outcome. Best-case scenario: If applicable, appropriate preprocessing methods were used. Validation methods were implemented for the most prominent findings. The methods were not likely to be biased. Technical aspects were reported appropriately.
Q3	Rate the study on the description of comparison groups. Best-case scenario: If applicable, the age, sex, ethnicity, weight, and other underlying disorders of the subjects were clearly described.
Q4	Rate the study on the technical measures in sample recruitment to minimize confounding effects. Best-case scenario: If applicable, the age, sex, ethnicity, weight, and other underlying disorders of the subjects were matched.
Q5	Rate the study on the technical measures to implement the intervention. Best-case scenario: The dose and route of administration were reported and justified.
Q6	Rate the study on the disclosure and discussion of sources of bias. Best-case scenario: Possible sources of bias and limitations in the sample recruitment and characteristics, intervention implementation, outcome measurement, and statistical analyses were discussed.
Q7	Rate the study on the description of planned analyses. Best-case scenario: The analyses and tests performed in the study were described sufficiently and clearly.
Q8	Rate the study on the statistical methods. Best-case scenario: If applicable, corrections for the false discovery rate (FDR) and tests for the normality of the distribution were performed and appropriate parametric or non-parametric tests were used.
Q9	Rate the study on the description and test of all assumptions and inferences. Best-case scenario: All assumptions were based on concrete evidence. Inferences of test results were adequate, clear, and technically plausible.
Q10	Rate the study on whether the conclusions drawn by the authors were supported by the results and appropriate methods. Best-case scenario: The conclusions drawn for each test and analysis were reached through appropriate methods and were supported by their results.