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| # | Author/s(year) | | | Item#1 | Item#2 | Item#3 | Item#4 | Item#5 | Item#6 | Item#7 | Item#8 | Item#9 | Item#10 |
|------|-----------------------------|---------|-------------|--|---|--------------------------------|---|--------|---|--|---|--|---|
| | | Total % | Total Score | Were the aims/objectives of the study clear? | Was the study design appropriate for the stated aim(s)? | Was the sample size justified? | Was the target/reference population clearly defined? (Is it clear who the research was about?) | | likely to select subjects/participants that were representative of the target/reference | Were measures undertaken to address and categorise non-responders? | Were the risk factor and outcome variables measured appropriate to the aims of the study? | were the risk factor and outcome variables measured correctly using instruments/ measurements that had been trialled, piloted or published previously? | Is it clear what was used to determined statistical significance and/or precision estimates? (eg, p values, Cls) |
| 1 A | lyami et al 2020 | 80 | 16 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 2 B | itan et al 2020 | 85 | 17 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 3 L: | abrague- Leodoro et al 2020 | 80 | 16 | 1 | 1 | N.K. | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 4 B | akioglu et al 2020 | 85 | 17 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| 5 S | atici et al 2020a | 80 | 16 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| 6 A | horsu et al 2020 | 90 | 18 | 1 | 1 | 1 | 1 | 1 | 0 | N.K. | 1 | 1 | 1 |
| 7 P | ang et al 2020 | 85 | 17 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 8 G | Sasparro et al 2020 | 85 | 17 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| 9 N | lahmood et al 2020 | 85 | 17 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| 10 T | sipropoulou et al 2020 | 85 | 17 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| 11 H | larper et al 2020 | 85 | 17 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| 12 P | erz et al 2020 | 85 | 17 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| 13 S | iddique et al 2021 | 90 | 18 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 14 N | 1idorikawa et al 2021 | 85 | 17 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 15 S | tanculescu, 2021 | 90 | 18 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 16 M | florales-Rodriguez, 2021 | 90 | 18 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 17 K | assim et al 2021 | 75 | 15 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 11 |
| 18 S | ervidio et al 2021 | 80 | 16 | 1 | 1 | N.K. | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 19 L | athabhavan & Vispute, 2021 | 80 | 16 | 1 | 1 | N.K. | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 20 G | Guelmami et al 2021 | 85 | 16 | 1 | 1 | N.K: | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 21 A | hammed et al 2021 | 80 | 16 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |

Yes= 1, No= 0, N.K.= Not Known

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| Item#11 | Item#12 | Item#13 | Item#14 | Item#15 | Item#16 | Item#17 | Item#18 | Item#19 | Item#20 |
|--|---|--|---|---|--|---|--------------|---|---|
| Were the methods (including statistical methods) sufficiently described to enable them to be repeated? | Were the basic data adequately described? | Does the response rate raise concerns about non-response bias? | If appropriate, was information about non-responders described? | Were the results internally consistent? | Were the results for the analyses described in the methods, presented? | Were the authors' discussions and conclusions justified by the results? | of the study | Were there any funding sources or conflicts of interest that may affect the authors' interpretation of the results? | Was ethical approval or consent of participants attained? |
| 1 | 1 | N.K. | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | N.K. | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | N.K | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | N.K. | N.K. | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | 1 | N.K. | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | N.K. | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | N.K. | N.K | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | N.K. | N.K. | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | N.K. | N.K. | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | N.K. | N.K. | 1 | 1 | 1 | 1 | 1 | 1 |
| 1 | 1 | N.K. | N.K | 1 | 1 | 1 | 1 | 1 | 1 |