PRISMA 2009 Checklist

Section/topic	#	Checklist item	Reported on page #
TITLE			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	pg. 2
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	pg. 2
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	pg. 3, from line 1 to 20
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	pg. 3, from line 21 to 25
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	pg. 4, lines 8-9
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	pg. 4, from line 10 to 14
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	pg. 4, from line 3 to 8
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	Data supplement: pg. 5 (e-Appendix I)
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	pg. 4, from line 23 to 25
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	pg. 4, from line 23 to 25
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	pg. 4, from line 15 to 22
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	pg. 5, from line 1 to 3
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	pg. 5, from line 8 to 10
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2) for each meta-analysis.	pg. 5, from line 4 to 10

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Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	pg. 5, from line 1 to 3
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	pg. 5, from line 11 to 15
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	pg. 5, from line 20 to 25, and pg. 6, lines 1-2; figure 1
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	pg. 6, from line 7 to 14, and pg. 17 (table 1); Data Supplement: pg. 3 (table e-2)
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	pg. 6, from line 15 to 24; Data Supplement: pg. 4 (table e-3)
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	pg. 7, from line 8 to 25, and pg. 8, from line 1 to 4; figures 2 and 3
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	pg. 7, from line 8 to 25, and pg. 8, from line 1 to 4; figures 2 and 3
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	pg. 6 (lines 15-25); Data Supplement: pg. 4 (table e-3) and pgg. 5-7 (e-Appendix II)
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	pg. 8, from line 5 to 20, and figure 4
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	pg. 8, from line 23 to 26, pg. 9, pg. 10, and pg. 11, from line 1 to 20

Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	pg. 11, from line 21 to 26, and pg. 12, from line 1 to 5
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	pg. 12, from line 6 to 13
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	pg. 12, lines 15-16

From: Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(6): e1000097. doi:10.1371/journal.pmed1000097