

Description of Additional Supplementary Files

- **Supplementary Data 1** | Reference list of included and excluded studies

This Excel file contains the comprehensive literature inventory for the meta-analysis.

Sheet 1: Lists the 256 case studies included in the analysis, with corresponding titles, journals, DOIs, authors, and publication years.

Sheet 2: Lists the 1,779 case studies excluded during the screening process.

- **Supplementary Data 2** | Study quality assessment

This file provides the detailed quality appraisal results for all included studies, based on an adapted methodological framework. The assessment criteria encompass study design, data collection, analytical rigor, and reporting transparency.

- **Source Data** | Compiled dataset for the global meta-analysis

This Excel file contains the complete dataset used in statistical analyses, including effect sizes, moderator variables, and sample sizes extracted from the primary literature. The source data underlying each figure are organized into the following sheets:

Sheet 1: Source data for Figure 1

Sheet 2: Source data for Figure 2

Sheet 3: Source data for Figure 3

Sheet 4: Source data for Supplementary Figure 2

Sheet 5: Source data for Supplementary Figures 3, 4, and 5

Sheet 6: Source data for Supplementary Figure 6

Sheet 7: Source data for Supplementary Figures 7 and 8