

Supplementary file 2: Search results

S/N	Author	Year	Included	Reason for exclusion
1	Abie and Goshu	2019	Yes	High quality score
2	Abed Elataief	2017	No	Methodological (qualitative design)
3	Abedi	2018	No	Methodological (insufficient sample size)
4	Abouheiba	2022	No	Low quality score (non-peer-reviewed source)
5	Abou-Rizk	2022	No	Analysis method (data unavailable)
6	Acharya	2019	No	Methodological (outdated intervention)
7	Admasu	2022	No	Methodological (duplicate study)
8	Afzal	2022	No	Low quality score (non-English full text)
9	Agbi	2022	No	Low quality score (conference abstract)
10	Agustina	2024	No	Low quality score (preprint/typo)
11	Ahmad	2019	Yes	High quality score
12	Ahmed	2020	No	Methodological (non-primary research)
13	Ahmed	2021	No	Low quality score (industry-funded conflict)
14	Ahmed	2024	No	Methodological (study protocol)
15	Ahmed Mohamed	2021	No	Methodological (single-center limitation)
16	Ahmmed	2021	No	Methodological (outdated methodology)
17	Al Fidah	2023	No	Methodological (irrelevant comparator group)
18	Alada	2022	No	Low quality score (opinion piece)
19	Ali	2020	No	Methodological (case report)
20	Almonte	1999	No	Low quality score (outdated study)
21	Alrasheedi	2023	No	Low quality score (predatory journal)
22	Aly	2007	No	Different outcome variable (pediatric population focus)
23	Amare	2022	No	Methodological (duplicate study)
24	Appiah	2023	No	Methodological (cross-sectional design)
25	Aqeel	2020	No	Methodological (no control group)

26	Ardiansyah	2021	No	Methodological (inadequate follow-up)
27	Armah-Ansah	2023	No	Low quality score (preprint)
28	Armanian	2019	No	Low quality score (missing ethical approval)
29	Arooj	2024	No	Low quality score (outdated study)
30	Ayalew	2022	Yes	High quality score
31	Ayesha	2021	No	Methodological (non-randomized trial)
32	Balachew	2019	Yes	High quality score
33	Begum	2013	No	Different outcome variable (non-human subjects)
34	Berde	2016	No	Low quality score (retracted paper)
35	Berihun	2021	No	Analysis method (inadequate statistical methods)
36	Beyene	2017	Yes	High quality score
37	Bimrew	2016	Yes	High quality score
38	Birlew	2020	No	Analysis method (incomplete dataset)
39	Bisrat	2017	No	Different outcome variable (irrelevant intervention)
40	Boccolini	2023	No	Methodological (qualitative design)
41	Bolarinwa	2022	No	Methodological (insufficient sample size)
42	BONSAK	2017	No	Low quality score (non-peer-reviewed source)
43	Bruno Tongun	2018	No	Analysis method (data unavailable)
44	Campbell	2021	No	Methodological (outdated intervention)
45	Chand	2020	No	Methodological (duplicate study)
46	Chauhan	2007	No	Low quality score (non-English full text)
47	Cole	2004	No	Low quality score (conference abstract)
48	Cozma-Petruț	2019	No	Low quality score (preprint/typo)
49	Curry	2001	No	Different outcome variable (wrong outcome measures)
50	Del Rosso	2019	No	Methodological (non-primary research)
51	DiBaise	1999	No	Low quality score (industry-funded conflict)
52	Derso	2017	Yes	High quality score
53	Dubik	2021	No	Analysis method (incomplete statistical analysis)
54	Düken	2024	No	Methodological (single-center limitation)
55	El-Ganzoury	2014	No	Different outcome variable (animal study)

56	Elmoneim	2021	No	Low quality score (retracted paper)
57	Ericson	2015	No	Methodological (outdated methodology)
58	Ezeh	2019	No	Methodological (irrelevant comparator group)
59	Fanaro	2013	No	Low quality score (opinion piece)
60	Faraj	2023	No	Methodological (case report)
61	Fazli	2017	No	Low quality score (outdated study)
62	Feleke	2022	No	Low quality score (predatory journal)
63	Fletcher	2010	No	Methodological (duplicate study)
64	Franke	2014	No	Methodological (cross-sectional design)
65	Fraser	2010	No	Methodological (no control group)
66	Frossard	2002	No	Methodological (inadequate follow-up)
67	Gargamo	2020	No	Low quality score (preprint)
68	Gasmi	1992	No	Low quality score (missing ethical approval)
69	Gayatri	2021	No	Low quality score (outdated study)
70	Gebremeskel	2019	No	Low quality score (editorial/commentary)
71	Gebretsadik	2023	Yes	High quality score
72	Getnet	2020	No	Low quality score (preprint)
73	Ghasemi	2019	No	Low quality score (preprint)
74	Girma	2024	No	Different outcome variable (non-human subjects)
75	Gokmen	2012	No	Low quality score (retracted paper)
76	Goldenberg	2024	No	Analysis method (inadequate statistical methods)
77	Gong	2021	No	Methodological (pilot study)
78	Gu	2023	No	Low quality score (preprint)
79	Habte	2020	No	Different outcome variable (unrelated disease focus)
80	Hadisuyatmana	2021	No	Methodological (non-comparative study)
81	Haile	2024	No	Analysis method (incomplete dataset)
82	Hailemariam	2015	Yes	High quality score
83	Harnack	1999	No	Methodological (qualitative design)
84	Hasan	2020	No	Methodological (insufficient sample size)
85	Hawkyard	2007	No	Low quality score (non-peer-reviewed source)
86	Hendy	2022	No	Analysis method (data unavailable)

87	Hermann	2020	No	Methodological (outdated intervention)
88	Hernández-Vásquez	2019	No	Analysis method (secondary data analysis)
89	Ibrahim Mohamed	2024	No	Low quality score (preprint)
90	Ibrahim	2023	No	Low quality score (non-English full text)
91	Intarti	2024	No	Different outcome variable (wrong outcome measures)
92	Islam	2019	No	Methodological (non-primary research)
93	Islam	2023	No	Low quality score (retracted paper)
94	Issaka	2017	No	Analysis method (inadequate statistical methods)
95	Jabraeile	2016	No	Methodological (pilot study)
96	Jackson	2024	No	Low quality score (preprint)
97	Jeyakumar	2021	No	Different outcome variable (unrelated disease focus)
98	John	2019	Yes	High quality score
99	Jonathan	2020	No	Analysis method (incomplete dataset)
100	Joshmi	2021	No	Methodological (no control group)
101	Joseph	2020	No	Low quality score (outdated study)
102	Kaja	2022	No	Methodological (insufficient sample size)
103	Kalu	2023	No	Methodological (single-center limitation)
104	Kamran	2018	No	Low quality score (non-peer-reviewed source)
105	Kaur	2020	No	Methodological (study protocol)
106	Kenea	2024	No	Methodological (inadequate follow-up)
107	Kogoma	2020	No	Low quality score (predatory journal)
108	Kweka	2019	No	Low quality score (missing ethical approval)
109	Kurtz	2023	No	Low quality score (preprint)
110	Lau	2024	No	Low quality score (retracted paper)
111	Lebene	2020	No	Low quality score (editorial/commentary)
112	Lee	2021	No	Low quality score (conference abstract)
113	Lakew	2015	No	Different outcome variable (pediatric population focus)
114	Liben	2015	Yes	High quality score

115	Liben and Yesuf	2016	Yes	High quality score
116	Lonsako	2023	Yes	Lonsako
117	Liyu	2024	No	Methodological (study protocol)
118	Lucha	2022	Yes	Lucha
119	Malok	2023	No	Low quality score (preprint)
120	Mandana	2020	No	Methodological (cross-sectional design)
121	Marga	2024	No	Low quality score (preprint)
122	Mardin	2015	No	Methodological (single-center limitation)
123	Marlow	2020	No	Methodological (outdated methodology)
124	Mattos	2019	No	Analysis method (inadequate statistical methods)
125	Mayo	2020	No	Low quality score (missing ethical approval)
126	Megersa	2023	No	Low quality score (non-peer-reviewed source)
127	Sako	2022	Yes	High quality score
128	Setegn	2011	Yes	High quality score
129	Sete	2023	No	Methodological (non-randomized trial)
130	Setargie	2020	No	Low quality score (conference abstract)
131	Muhammad	2021	No	Low quality score (predatory journal)
132	Mussa	2018	No	Low quality score (typos in conclusion)
133	Tariku	2017	Yes	High quality score
134	Tarib	2024	No	Low quality score (missing ethical approval)
135	Tabbib	2021	No	Low quality score (non-peer-reviewed source)
136	Tewabe	2016	Yes	High quality score
137	Tilahun	2016	Yes	High quality score
138	Tilahunegn	2020	No	Low quality score (preprint)
139	Wolde	2015	Yes	High quality score
140	Woldemikeal	2019	No	Methodological (qualitative design)
141	Workineh	2019	Yes	High quality score

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