

Supplementary Table 2. Level of evidence and strength of recommendation

| Level of evidence | | Strength of recommendation | |
|-------------------|---|----------------------------|--|
| High | We are very confident that the true effect lies close to that of the estimate of the effect. | Strong for | The benefit of the intervention is greater than the harm and the level of evidence is high, which is strongly recommended in most clinical situations. |
| Moderate | We are moderately confident in the effect estimate. The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different. | Weak for | The benefit of the intervention may vary depending on the clinical situation of the intervention or the patient/social value, and is recommended to be used selectively or conditionally. |
| Low | Our confidence in the effect estimate is limited. The true effect may be substantially different from the estimate of the effect. | Against | The harm of the intervention may vary depending on the clinical situation of the intervention or the patient/social value, and is recommended not to be used. |
| Very low | We have very little confidence in the effect estimate. The true effect is likely to be substantially different from the estimate of effect. | Insufficient | Evidence to judge the size of effectiveness of the intervention or the level of evidence is insufficient, and it is not possible to decide whether or not to recommend until further research evidence is accumulated. |