**Appendix II: Original articles in the included reviews**

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| Original studies (articles and abstracts) (n=89) |
| von Aarburg et al., 2021 | Davenport et al., 2018 | Harvey, 2003 | Lemos et al., 2008 | Mørkved & Bo, 2014 | Wagg & Bunn, 2007 | Woodley et al., 2020 | Wu et al., 2018 | Yang et al., 2022 | The number of reviews where original study is included |
| Agur et al., 2008 |  |  |  |  | x |  |  |  |  | 1 |
| Ahlund et al., 2013 |  |  |  |  |  |  | x |  |  | 1 |
| Aliaga-Martinez et al., 2013 |  | x |  |  |  |  |  |  |  | 1 |
| Assis et al., 2015 |  |  |  |  |  |  | x |  |  | 1 |
| Barakat et al., 2011 |  | x |  |  |  |  | x |  |  | 2 |
| Blyholder et al., 2017 | x |  |  |  |  |  |  |  |  | 1 |
| Bø & Backe-Hansen, 2007 | x |  |  |  |  |  |  |  |  | 1 |
| Bø & Haakstad, 2011 |  | x |  |  | x |  | x |  |  | 3 |
| Bø et al., 2012 | x |  |  |  |  |  |  |  |  | 1 |
| Bø et al., 2015 |  |  |  |  |  |  |  | x |  | 1 |
| Bø et al., 2018 | x |  |  |  |  |  |  |  |  | 1 |
| Chavez et al., 2004 |  |  |  | x |  |  |  |  |  | 1 |
| Chiarelli & Cockburn, 2002 |  |  | x |  | x | x | x |  |  | 4 |
| Chiarelli et al., 2004 |  |  |  |  | x | x | x | x |  | 4 |
| Chu et al., 2012 |  |  |  |  |  |  |  | x |  | 1 |
| Citak et al., 2010 |  |  |  |  |  |  |  | x |  | 1 |
| Cruz et al., 2014 |  |  |  |  |  |  | x |  |  | 1 |
| Dias et al., 2011 |  |  |  |  | x |  |  |  |  | 1 |
| Dinc et al., 2009 |  | x |  |  | x |  | x |  |  | 3 |
| Dokmeci et al., 2008 |  |  |  |  |  |  | x |  |  | 1 |
| Dougherty, 1989 |  |  | x |  |  |  |  |  |  | 1 |
| Dufour et al., 2019 |  |  |  |  |  |  | x |  |  | 1 |
| Dumoulin et al., 2004 |  |  |  |  | x |  | x |  |  | 2 |
| Eliasson et al., 2005 | x | x |  |  |  |  |  |  |  | 2 |
| Elliott at al. 2009 |  |  |  |  | x |  | x |  |  | 2 |
| Ewings et al., 2005 |  |  |  |  | x |  | x |  |  | 2 |
| Franchi et al., 1999 |  |  | x |  |  |  |  |  |  | 1 |
| Fritel et al., 2015 |  | x |  |  |  |  | x |  |  | 2 |
| Frost et al., 2014 |  |  |  |  |  |  | x |  |  | 1 |
| Frumenzio et al., 2012 |  |  |  |  |  |  | x |  |  | 1 |
| Garnæs et al., 2017 |  |  |  |  |  |  | x |  |  | 1 |
| Gaier et al., 2010 |  |  |  |  |  |  | x |  |  | 1 |
| Glazener et al., 2001 |  |  | x |  | x | x | x | x |  | 5 |
| Glazener et al., 2005 |  |  |  |  | x | x | x |  |  | 3 |
| Golmakani et al., 2015 |  |  |  |  |  |  |  | x |  | 1 |
| Gorbea Chavez et al., 2004 |  | x |  |  | x |  | x |  |  | 3 |
| Haakstad et al., 2009 |  | x |  |  |  |  |  |  |  | 1 |
| Haakstad & Bø, 2015 |  |  |  |  |  |  | x |  |  | 1 |
| Hendersen, 1983 |  |  | x |  |  |  |  |  |  | 1 |
| Hilde et al., 2013 |  |  |  |  |  |  | x | x |  | 2 |
| Hughes et al., 2001 |  |  | x |  | x |  | x |  |  | 3 |
| Hyakutake et al., 2018 |  |  |  |  |  |  | x |  |  | 1 |
| Johannessen et al., 2017 |  |  |  |  |  |  |  | x |  | 1 |
| Jonasson et al., 1989 |  |  | x |  |  |  |  |  |  | 1 |
| Jones, 2000 |  |  | x |  |  |  |  |  |  | 1 |
| Kahyaoglu et al., 2016 |  | x |  |  |  |  | x |  |  | 2 |
| Kim et al., 2012 |  |  |  |  | x |  | x |  |  | 2 |
| Ko et al., 2011 |  | x |  |  | x |  | x |  | x | 4 |
| Kocaoz et al., 2013 |  | x |  |  |  |  | x |  |  | 2 |
| Kolberg et al., 2016 |  |  |  |  |  |  |  | x |  | 1 |
| Kou et al., 2013 |  |  |  |  |  |  | x |  |  | 1 |
| Lekskulchai et al., 2014 |  | x |  |  |  |  |  |  |  | 1 |
| Li et al., 2016 |  |  |  |  |  |  |  | x |  | 1 |
| Liu, 2011 |  |  |  |  |  |  | x |  |  | 1 |
| Mason et al., 2010 |  | x |  |  | x |  |  |  | x | 3 |
| Mason et al., 2001 |  | x |  |  |  |  |  |  |  | 1 |
| Meyer et al., 2001 |  |  |  |  | x |  | x |  |  | 2 |
| Miquelutti et al., 2013 |  | x |  |  |  |  | x |  |  | 2 |
| Mørkved & Bø, 1997 |  |  |  |  | x |  |  |  |  | 1 |
| Mørkved & Bø, 2000 |  |  |  |  | x |  |  |  |  | 1 |
| Mørkved et al., 2001 |  |  |  |  |  |  | x |  |  | 1 |
| Mørkved et al., 2003 |  |  | x | x | x |  | x |  | x | 5 |
| Mørkved et al., 2007 |  | x |  |  | x |  |  |  |  | 2 |
| Nielsen et al., 1988 |  |  | x |  |  |  |  |  |  | 1 |
| Norton & Baker, 1990 |  |  | x |  |  |  |  |  |  | 1 |
| Oakley et al., 2016 |  |  |  |  |  |  | x | x |  | 2 |
| Peirce et al., 2013 |  |  |  |  |  |  | x | x |  | 2 |
| Pelaez et al., 2014 |  | x |  |  |  |  | x |  |  | 2 |
| Reilly et al., 2002 |  | x | x | x | x |  | x |  |  | 5 |
| Sacomori et al., 2019 |  |  |  |  |  |  | x |  |  | 1 |
| Sampselle et al., 1998 |  | x |  | x | x | x | x |  |  | 5 |
| Sangsawang & Serisathien, 2012 |  | x |  |  | x |  |  |  |  | 2 |
| Sangsawang & Sangsawang, 2016 |  | x |  |  |  |  | x |  | x | 3 |
| Skelly et al., 2004 |  |  |  |  |  |  | x |  |  | 1 |
| Sleep & Grant, 1987 |  |  |  |  | x | x | x |  |  | 3 |
| Stafne et al., 2012 |  | x |  |  | x |  | x |  |  | 3 |
| Stothers, 2002 |  |  |  |  |  |  | x |  |  | 1 |
| Sun et al., 2015 |  |  |  |  |  |  |  | x |  | 1 |
| Szumilewicz et al., 2019 |  |  |  |  |  |  | x |  |  | 1 |
| Udayasankar, 2002 |  |  | x |  |  |  | x |  |  | 2 |
| Wen et al., 2010 |  |  |  |  |  |  | x |  |  | 1 |
| Wilson & Herbison, 1998 |  |  |  |  | x |  | x | x | x | 4 |
| Wilson et al., 1996 |  |  | x |  |  |  |  |  |  | 1 |
| Woldringh et al., 2007 |  | x |  |  | x |  | x |  |  | 3 |
| Yang & Liu 2013 |  |  |  |  |  |  |  | x |  | 1 |
| Yang et al., 2017 |  |  |  |  |  |  | x | x |  | 2 |
| Yuvarani et al., 2018 | x |  |  |  |  |  |  |  |  | 1 |
| Zhang et al., 2015 |  |  |  |  |  |  |  | x |  | 1 |
| Zhu et al., 2012 | x | x |  |  |  |  |  |  |  | 2 |

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