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| **Supplementary Table 1. The GRADE system** |
| Quality of evidence and definitions |
| High quality — Further research is very unlikely to change our confidence in the estimate of effect |
| Moderate quality — Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate |
| Low quality — Further research is very likely to have an important impact on our confidence in the estimate of effect and is likely to change the estimate |
| Very low quality — Any estimate of effect is very uncertain |
| Strength of recommendation\* |
| Strong recommendation — The desirable effects of an intervention clearly outweigh the undesirable effects, or clearly do not, guideline panels |
| Conditional recommendation — The trade-offs are less certain either because of low quality evidence or because evidence suggests that desirable and undesirable effects are closely balanced |
| \*Factors that affect the strength of a recommendation: quality of evidence, uncertainty about the balance between desirable and undesirable effects, uncertainty or variability in values and preferences, uncertainty about whether the intervention represents a wise use of resources. \*For a recommendation to be graded as strong rather than conditional, at least 70% of participants were required to endorse it as strong. |