

Comment 1. Non randomised studies inclusion would lower the overall study results

- A. We have added revised information regarding non-randomised studies to the latter part of the review.

Comment 2. Conclusion can be revised to provide a concise paragraph instead of a summary of the results.

- A. The conclusion section was revised throughout, and it was also uploaded after proofreading. Rather than a summary of the results, the revision was made to reflect on the overall paper and provide suggestions and implications.