PRISMA Item	
Title	Title page –
Abstract	Abstract – structured summary
Rationale	Introduction – Background
Objectives	Introduction – Aims / Research questions
Eligibility criteria	Methods – Inclusion/Exclusion Criteria
Information sources	Methods – Search Strategy (databases searched‹
Search strategy	Methods – Detailed Search Strategy
Selection process	Methods – Study Selection
Data collection process	Methods – Data Extraction(
Data items	Methods – Data Extraction Variables (Author, Year, Country, Design, Sample, Assessment tools, etc.)
Study risk of bias assessment	Methods – Risk of Bias / Quality Assessment
Effect measures	Methods – Not applicable ‹Quantitative outcome
Synthesis methods	Methods – Data Synthesis (Narrative synthesis based on tables)
Reporting bias assessment	Methods – Not performed (RCT)
Certainty assessment	Methods – Not applicable / Narrative discussion
Study selection	Results – Study selection (PRISMA Flow Diagram)
Study characteristics	Results – Table of included studies(
Risk of bias in studies	Results – Risk of Bias Table(
Results of individual studies	Results – Summary of Findings
Results of syntheses	Results – Narrative synthesis of key findings
Reporting biases	Results – Not performed / Not applicable
Certainty of evidence	Results – Not performed / Not applicable
Discussion – interpretation	Discussion – Interpretation of findings, comparison with literature
Discussion – limitations of evidence	Discussion – Limitations (e.g., small sample sizes, heterogeneity)
Discussion – limitations of review process	Discussion – Limitations of methodology, search, inclusion criteria
Discussion – implications	Discussion – Implications for practice and research
Registration and protocol	Methods – PROSPERO registration (if registered)
Support	Acknowledgements / Funding
Competing interests	Declaration of Interests