**Supplement : GRADE evidence quality evaluation table.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Outcomes | limitations | inconsistency | indirectness | inaccuracy | publication bias | N | Quality grade |
| Pain score | serious | serious | non-significant | non-significant | non-significant | 268/250 | low |
| Depression score | serious | non-significant | non-significant | non-significant | non-significant | 102/98 | medium |
| PSQI | serious | non-significant | non-significant | non-significant | non-significant | 39/41 | medium |