

**Supplementary Table 2.** The level of evidence literature research

The level	Evidence rating	Type of evidence
I	Strong	Confirmatory studies will not likely change the results presented (from at least one RCT or meta-analysis of RCT)
II	Intermediate	Confirmatory study may change the results presented by research (from at least one well-constructed non-randomized controlled study or at least one different type of quasi-experimental design study)
III	Weak	Conducting confirmatory study may change the results presented by research (from well-constructed descriptive studies without experiments or comparative studies and/or correlation studies and/or case reports)
EC	Expert consensus	Expert consensus (evidence accepted by the experts based on the clear scientific outcomes or physiology studies)

RCT, randomized controlled trial; EC, expert consensus.