**Supplementary Table S1. Confidence Matrix for Review**

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| **Level of Confidence** | **Description** |
| High | >1 systematic review and/or meta-analysis of available evidence providing support  >1 randomized controlled trial with effects in a consistent direction  When appropriate to the research question, >2 large epidemiological studies with consistent evidence from samples in >1 area of the world |
| Moderate | Converging body of evidence, studied across multiple sites and/or outcomes |
| Low | Singular studies as the only supporting evidence, a body of evidence with equivocal or conflicting findings, exclusive reliance on indirect outcome measures |
| Very Low | Expert opinion or theory only |