

Table SI. Quality assessment of observational studies using the Newcastle-Ottawa Scale.

Study (first author, year)	Selection (Max. 4)	Comparability (Max. 2)	Outcome/Exposure (Max. 3)	Total score (Max. 9)	(Refs.)
Du <i>et al</i> , 2022	4	2	2	8	(35)
Wang <i>et al</i> , 2020	4	2	2	8	(36)
Zhang <i>et al</i> , 2023	3	2	3	8	(37)
Zhang <i>et al</i> , 2021	4	2	2	8	(38)
Ma <i>et al</i> , 2020	3	2	2	7	(39)
Jiang <i>et al</i> , 2020	3	1	3	7	(40)

Table SII. Sensitivity analysis: RCT-only vs. original analysis.

Outcome	Original analysis	RCT-only analysis
90mRS(0-2)	OR=1.31 [95% CI (1.10, 1.58), P=0.003, I ² =0%]	OR=1.31 [95% CI (1.06, 1.59), P=0.004, I ² =2.6%]
NHISS	SMD=-1.22 [95% CI (-1.49, -0.95), P<0.001, I ² =80%]	SMD=-1.41 [95% CI (-1.67, -1.155), P<0.001, I ² =67%]
mRS	SMD=-1.012 [95% CI (-1.498, -0.526), P<0.001, I ² =87.5%]	SMD=-1.116 [95% CI (-2.026, -0.205), P<0.001, I ² =89.5%]
ADL	SMD=1.19 [95% CI (0.58, 1.80), P<0.001, I ² =78.9%]	SMD=1.19 [95% CI (0.58, 1.80), P<0.001, I ² =78.9%]
BI	SMD=1.36 [95% CI (0.92, 1.79), P<0.001, I ² =78.9%]	SMD=1.41 [95% CI (0.75, 2.08), P<0.001, I ² =85.3%]
sICH	OR=1.773 [95% CI (0.864, 3.640), P=0.118, I ² =0%]	OR=1.524 [95% CI (0.573, 4.052), P=0.399, I ² =21.9%]
Mortality rate	OR=0.40 [95% CI (0.07, 2.35), P=0.31, I ² =45.3%]	OR=0.40 [95% CI (0.07, 2.35), P=0.31, I ² =45.3%]

RCT, randomized controlled trial; 90mRS, 90-day modified Rankin scale; NHISS, National Institutes of Health Stroke Scale (after treatment); ADL, Activity of Daily Living scale; BI, Barthel index; sICH, symptomatic intracerebral hemorrhage; SMD, standardized mean difference; OR, odds ratio.