

Supplement 1. Characteristics of the included systematic reviews for evidence updates

Author (year)	Intervention	Outcome: efficacy	Outcome: safety	Total no. of included studies	AMSTAR-2 assessment
Sha et al. [S1] (2022)	Automated digital interventions	√		19	Moderate
Hartmann-Boyce et al. [S2] (2021)	Behavioral interventions	√		312	High
Lareyre et al. [S3] (2021)	Theory of planned behavior–based interventions	√		17	High
Keilani et al. [S4] (2022)	Biofeedback	√		3	Low
He et al. [S5] (2023)	Conversational agents	√		13	Low
Guo et al. [S6] (2023)	Smartphone app–based interventions	√		9	High
Tatnell et al. [S7] (2022)	Virtual reality interventions	√		26	Moderate
Chen et al. [S8] (2022)	Exercise with nicotine replacement therapy	√		17	Moderate
Notley et al. [S9] (2019)	Incentives	√		33	High
Rasmussen et al. [S10] (2022)	Intensive versus short face-to-face smoking cessation interventions	√		17	High
Jackson et al. [S11] (2022)	Mindfulness	√		21	High
Lindson et al. [S12] (2019)	Motivational interviewing	√		37	High
Saroj et al. [S13] (2022)	Non-pharmacological interventions	√		11	Low
Mersha et al. [S14] (2023)	group-based treatment programs	√		19	High
Chu et al. [S15] (2021)	Smartphone health apps	√		18	Low
Barroso-Hurtado et al. [S16] (2021)	Smoking cessation apps	√		24	Moderate
Lindson et al. [S17] (2021)	Strategies intended to increase the success of smoking cessation interventions	√		81	High
Mohamed et al. [S18] (2021)	group therapy programs	√		9	Low
Shang et al. [S19] (2022)	Pharmacological interventions	√	√	159	Moderate
Hajizadeh et al. [S20] (2023)	Antidepressants	√	√	124	High
Zhong et al. [S21] (2019)	Combination therapy of varenicline and bupropion	√	√	4	Moderate
Thomas et al. [S22] (2022)	Pharmacotherapies	√	√	363	Moderate
Mishra et al. [S23] (2021)	Pharmacological interventions	√	√	97	Moderate
Theodoulou et al. [S24] (2023)	Nicotine replacement therapy	√	√	68	High
Guo et al. [S25] (2022)	Varenicline and Bupropion	√	√	20	Moderate
Livingstone-Banks et al. [S26] (2023)	Nicotine receptor partial agonists	√	√	75	High
Wang et al. [S27] (2019)	Transdermal acupuncture by needles	√	√	24	Low
Dai et al. [S28] (2021)	Acupuncture therapy	√	√	23	Moderate

AMSTAR-2, Assessment of Multiple Systematic Reviews.

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