EUROPEAN JOURNAL OF MIDWIFERY

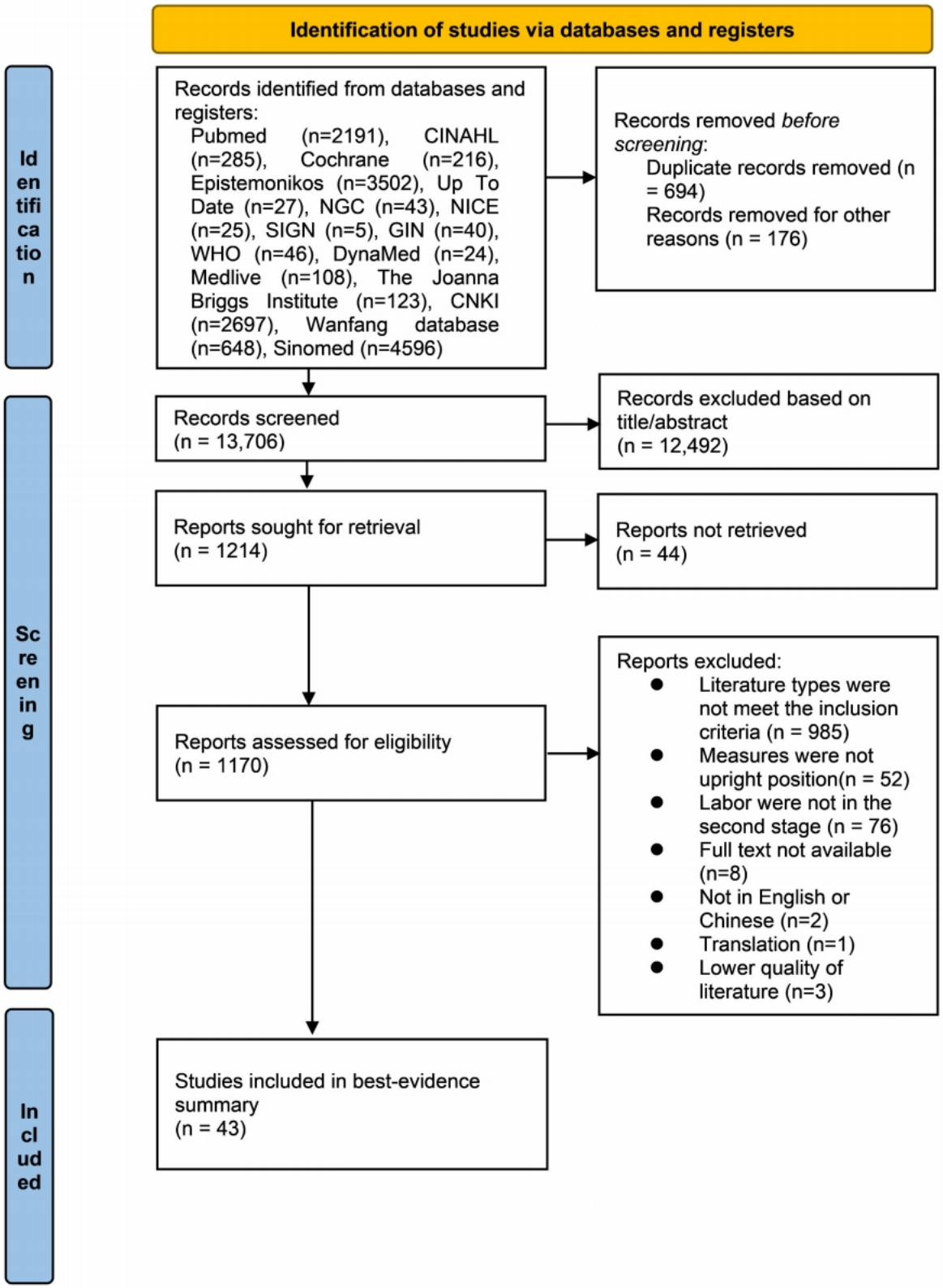
Supplementary file

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Identification of studies via databases and registers
Identification
Records identified from databases and registers:
Pubmed (n=2191), CINAHL (n=285), Cochrane (n=216), Epistemonikos (n=3502), Up To Date (n=27), NGC (n=43), NICE (n=25), SIGN (n=5), GIN (n=40), WHO (n=46), DynaMed (n=24), Medlive (n=108), The Joanna Briggs Institute (n=123), CNKI (n=2697), Wanfang database (n=648), Sinomed (n=4596)
Records removed *before screening*:
Duplicate records removed (n = 694)
Records removed for other reasons (n = 176)
Screening
Records screened
(n = 13,706)
Records excluded based on title/abstract
(n = 12,492)
Reports sought for retrieval
(n = 1214)
Reports not retrieved
(n = 44)
Reports assessed for eligibility
(n = 1170)
Reports excluded:
Literature types were not meet the inclusion criteria (n = 985)
Measures were not upright position(n = 52)
Labor were not in the second stage (n = 76)
Full text not available (n=8)
Not in English or Chinese (n=2)
Translation (n=1)
Lower quality of literature (n=3)
Included
Studies included in best-evidence summary
(n = 43)

Appendix S1. Detailed retrieval strategy

Database	Retrieval ID	Retrieval strategy	Result
Pubmed	#1	"matern*"[Title/Abstract] OR "pregnant"[Title/Abstract] OR "delivery"[Title/Abstract] OR "second stage of labor"[Title/Abstract]	991352
	#2	"intrapartum management"[Title/Abstract] OR "labor management"[Title/Abstract] OR "birth position"[Title/Abstract] OR "free posture"[Title/Abstract] OR "upright position"[Title/Abstract] OR "seating position"[Title/Abstract] OR "squatting position"[Title/Abstract] OR "semi recumbent position"[Title/Abstract] OR "kneeling position"[Title/Abstract] OR "standing posture"[Title/Abstract] OR "walking"[Title/Abstract]	95100
	#3	("matern*"[Title/Abstract] OR "pregnant"[Title/Abstract] OR "delivery"[Title/Abstract] OR "second stage of labor"[Title/Abstract]) AND ("intrapartum management"[Title/Abstract] OR "labor management"[Title/Abstract] OR "birth position"[Title/Abstract] OR "free posture"[Title/Abstract] OR "upright position"[Title/Abstract] OR "seating position"[Title/Abstract] OR "squatting position"[Title/Abstract] OR "semi recumbent position"[Title/Abstract] OR "kneeling position"[Title/Abstract] OR "standing posture"[Title/Abstract] OR "walking"[Title/Abstract])	**2191**
CINAHL	S1	SU maternity OR SU pregnant OR SU delivery OR SU second stage of labor	71053
	S2	SU birth position OR SU free position OR SU upright position OR SU seating position OR SU squatting position OR SU semi recumbent position OR SU kneeling position OR SU standing posture OR SU walking OR SU intrapartum management	367194
	S3	S1 AND S2	**285**
Corchrane		maternity OR pregnant OR delivery OR maternal OR second stage of labor in Title Abstract Keyword AND Intrapartum management OR Labor Management OR birth position OR free posture OR upright position OR seating position OR Squatting position OR semi-recumbent position OR kneeling position OR Standing posture OR walking in Title Abstract Keyword - with Cochrane Library publication date Between Jan 1910 and Apr 2023	**216**

Epistemonikos	(title:(Labor Management) OR abstract:(Labor Management)) OR (title:(Intrapartum management) OR abstract:(Intrapartum management)) OR (title:(birth position) OR abstract:(birth position)) OR (title:(free posture) OR abstract:(free posture)) OR (title:(upright position) OR abstract:(upright position)) OR (title:(seating position) OR abstract:(seating position)) OR (title:(Squatting position) OR abstract:(Squatting position)) OR (title:(semi-recumbent position) OR abstract:(semi-recumbent position)) OR (title:(kneeling position) OR abstract:(kneeling position)) OR (title:(Standing posture) OR abstract:(Standing posture))	**3502**
Best Practice InFormation Sheet, BPIS (BMJ Best practice, Up To Date **) Clinical Practice Guideline, CPG(**NGC, NICE, SIGN, RNAO, Nursing consult, GCG, ICER, GIN, BMJ Clinical Evidence, WHO, NZGG, DynaMed, Medlive**)**	maternity/pregnant/delivery/maternal/second stage of labor AND Intrapartum management/Labor Management/birth position/free posture/upright position/seating position/Squatting position/semi-recumbent position/kneeling position/Standing posture/walking	**318**
ACP Club	maternity/pregnant/delivery/maternal/second stage of labor AND Intrapartum management/Labor Management/birth position/free posture/upright position/seating position/Squatting position/semi-recumbent position/kneeling position/Standing posture/walking	**0**
The Joanna Briggs Institute	(maternity OR pregnant OR delivery OR maternal OR second stage of labor) AND(intrapartum management OR labor management OR birth position OR free posture OR upright position OR seating position OR squatting position OR semi recumbent position OR kneeling position OR standing posture OR walking)	**123**
CNKI	(SU %=产妇 + 孕妇 + 分娩 + 孕产妇 +第二产程 + 产时) AND (SU %=产程管理 + 产时管理 + 分娩体位 + 分娩管理 + 直立位 + 坐位 + 蹲位 + 坐位 + 手膝位 + 半卧位 + 膝位 + 站位 + 行走 + 跪姿)	**2697**
Wanfang database	题名或关键词:("产程管理" or "产时管理" or "分娩体位" or "分娩管理" or "直立位" or "坐位" or "蹲位" or "坐位" or "半卧位" or "膝位" or "站位" or "行走" or "跪姿") and 题名或关键词:("产妇" or "孕妇" or "分娩" or "孕产妇" or "产程" or "第二产程" or "产时")	**648**
sinomed	(("跪姿"[常用字段] OR "半卧位"[常用字段] OR "直立位"[常用字段] OR "坐位"[常用字段] OR "膝位"[常用字段] OR "体位"[常用字段] OR "站位"[常用字段] OR "蹲位"[常用字段] OR "行走"[常用字段]) AND ("第二产程"[常用字段] OR "产时"[常用字段] OR "产妇"[常用字段] OR "孕妇"[常用字段] OR "分娩"[常用字段] OR "孕产妇"[常用字段])) AND ("第二产程"[常用字段] OR "产时"[常用字段] OR "产妇"[常用字段] OR "孕妇"[常用字段] OR "分娩"[常用字段] OR "孕产妇"[常用字段])	**4596**

	14,576

Appendix S2 Results of the methodological evaluation of all included literatures

S2.1 Methodological evaluation of best clinical practice guidelines by Critical Appraisal for Summaries of Evidence

Critical Appraisal for Summaries of Evidence (CASE)	Delivery of the singleton fetus in breech presentation			Labor and delivery: management of the normal second stage			Labor: Diagnosis and management of a prolonged second stage			Nonpharmacologic approaches to management of labor pain			Continuous labor support by a doula			The second stage of labor		
Questions	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1. Is the summary specific in scope and application?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2. Is the authorship of the summary transparent?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3. Are the reviewer(s) /editor(s) of the summary transparent?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4. Are the search	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

methods transparent and comprehensive?																		
5. Is the evidence graded and is the system transparent and translatable	Not completely	Not completely	Not completely	Not completely	Not completely	Not completely	Not completely	Not completely	Not completely	Yes	Yes	Yes	Not completely	Not completely	Not completely	Not completely	Not completely	Not completely
6. Are the recommendations clear?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
7. Are the recommendations appropriately cited?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
8. Are the recommendations current?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
9. Is the summary free of possible bias?	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
10. Can this summary be applied to your patient(s)?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

"Yes" = the item was adequately reported and met the criterion; "No" = the item was not reported or clearly did not meet the criterion; "Unclear" = insufficient information to determine; "Not completely" = the item was partially reported but did not fully meet the criterion.

S2.2 Methodological evaluation of evidence summaries by Critical Appraisal for Summaries of Evidence

Critical Appraisal for Summaries of Evidence (CASE)	**Best evidence summary of nursing measures in the second and third stages of normal delivery**			**perineal trauma：childbirth**			**labor：second stage**			**Evidence-based labor management: second stage labor (part 4)**		
Questions	1	2	3	1	2	3	1	2	3	1	2	3
1. Is the summary specific in scope and application?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2. Is the authorship of the summary transparent?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3. Are the reviewer(s)/editor(s) of the summary transparent?	Not completel	Not completel	Not completel	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4. Are the search methods transparent and comprehensive?	Yes	Yes	Yes	Not completel	Not completel	Not completel	Not completel	Not completel	Not completel	Yes	Yes	Yes
5. Is the evidence graded and is the system transparent and translatable	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

6. Are the recommendations clear?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
7. Are the recommendations appropriately cited?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
8. Are the recommendations current?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
9. Is the summary free of possible bias?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
10. Can this summary be applied to your patient(s)?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

"Yes" = the item was adequately reported and met the criterion; "No" = the item was not reported or clearly did not meet the criterion; "Unclear" = insufficient information to determine; "Not completely" = the item was partially reported but did not fully meet the criterion.

S2.3 Methodological evaluation of guidelines by Appraisal of Guidelines for Research & Evaluation (AGREE) II (1)

AGREE II	**Perineal care**			**Intrapartum pain management**			**Rheumatic heart disease and pregnancy**			**Obesity and pregnancy (including post bariatric surgery)**			**Fetal Health Surveillance: Intrapartum Consensus Guideline**			**Assisted Vaginal Birth**			**Intrapartum fetal surveillance (IFS)**			**Management of Breech Presentation**			**Management of Spontaneous Labour at Term in Healthy Women**		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Item（a 7-point scale)																											
Scope and purpose																											
1.The overall objective(s) of the guideline is (are) specifically described.	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
2.The health question(s) covered by the guideline	7	7	6	6	5	6	6	5	7	7	7	7	7	7	7	7	7	7	7	7	6	7	7	7	7	7	7

is (are)specifically described.																													
3.The population (patients, public, etc.) to whom the guideline is meant to apply is specifically described.	7	7	7	7	7	7	7	7	6	7	7	7	7	7	7	7	6	7	7	7	7	7	7	7	7	7	7	7	7
Domain score	**98.15%**			**92.59%**			**92.59%**			**100.00%**			**100.00%**			**98.15%**			**98.15%**			**100.00%**			**100.00%**				
Stakeholder involvement																													
4.The guideline development group includes individuals from all relevant professional groups.	7	7	7	7	7	7	7	7	7	7	7	7	6	6	6	7	7	7	6	6	6	7	6	7	6	7	7	7	7
5.The views and preferences of the target population (patients, public, etc.) have been sought.	6	7	7	7	7	7	6	5	6	6	6	6	7	6	6	7	6	6	7	7	7	6	6	7	5	7	7	7	7
6.The target users of the guideline are clearly defined.	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	6	6	6	6	7	6	7	7	7	7	7	7	7	7
Domain score	**98.15%**			**100%**			**92.59%**			**94.44%**			**90.74%**			**90.74%**			**90.74%**			**94.44%**			**96.30%**				
Rigour of development																													
7.Systematic methods were used to search for evidence.	6	7	7	7	7	7	7	7	7	7	7	7	4	5	4	7	7	7	7	7	7	5	6	5	6	7	7	7	7
8.The criteria for selecting the evidence are clearly described.	6	6	7	6	6	6	6	6	7	6	7	7	6	7	6	7	7	7	6	6	6	7	7	6	7	5	7	7	7
9.The strengths and limitations of the body of evidence are clearly described.	6	7	7	4	5	4	7	6	7	6	5	7	6	6	5	6	6	6	7	7	6	7	7	7	7	7	7	7	7
10.The methods for formulating the recommendations are clearly described.	6	6	7	7	6	7	7	7	7	7	7	7	7	6	7	6	6	6	7	6	6	7	6	7	5	6	6	6	6

11.The health benefits, side effects, and risks have been considered in formulating the recommendations.	7	7	7	7	7	7	6	5	6	6	7	6	7	7	7	6	6	6	7	6	6	7	7	7	5	7	7
12.There is an explicit link between the recommendations and the supporting evidence.	6	7	7	6	7	7	7	6	6	7	6	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	6
13.The guideline has been externally reviewed by experts prior to its publication.	5	7	7	5	6	5	4	3	4	3	3	3	7	7	7	5	5	6	3	3	3	3	4	4	5	7	7
14.A procedure for updating the guideline is provided.	5	6	6	7	7	7	7	7	7	7	7	7	7	7	7	5	6	6	5	6	6	5	6	6	5	5	6
Domain score	**90.97%**			**87.50%**			**86.81%**			**86.81%**			**89.58%**			**87.50%**			**83.33%**			**85.42%**			**88.19%**		
Clarity of presentation																											
15.The recommendations are specific and unambiguous.	7	7	7	7	7	7	6	7	6	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	6	6	7
16.The different options for management of the condition or health issue are clearly presented.	7	7	7	7	7	7	7	6	7	7	6	7	6	6	6	7	7	7	6	6	7	7	7	7	7	7	7
17.Key recommendations are easily identifiable.	6	7	7	7	7	7	7	7	7	7	7	7	6	6	7	7	7	7	7	7	7	7	7	7	6	7	7
Domain score	**98.15%**			**100.00%**			**94.44%**			**98.15%**			**90.74%**			**100.00%**			**96.30%**			**100.00%**			**94.44%**		
Applicability																											
18.The guideline describes facilitators and barriers to its application.	7	5	6	6	5	6	6	6	6	6	6	6	6	5	6	6	6	7	7	6	6	6	5	5	4	4	6
19.The guideline provides advice and/or tools on how the recommendations can be put into practice.	7	7	7	7	7	7	7	7	7	7	7	7	6	5	6	6	6	6	6	6	7	6	6	6	4	5	5

20.The potential resource implications of applying the recommendations have been considered.	6	7	7	7	7	7	7	6	7	7	7	7	7	7	7	7	7	7	7	6	7	6	5	6	5	5	7
21.The guideline presents monitoring and/or auditing criteria.	6	7	7	7	7	7	7	7	7	7	7	7	5	5	5	7	7	7	7	7	7	7	7	7	3	4	6
Domain score	**93.06%**			**94.44%**			**94.44%**			**95.83%**			**80.56%**			**93.06%**			**93.06%**			**83.33%**			**63.89%**		
Editorial independence																												
22.The views of the funding body have not influenced the content of the guideline.	6	7	6	7	7	7	7	6	6	7	6	7	7	7	6	7	7	7	7	7	7	6	6	6	7	7	6
23.Competing interests of guideline development group members have been recorded and addressed.	7	7	6	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	6	6	7	6	5
Domain score	**91.67%**			**100.00%**			**94.44%**			**97.22%**			**97.22%**			**100.00%**			**100.00%**			**86.11%**			**88.89%**		

S2.3 Methodological evaluation of guidelines by AGREE II (2)

AGREE II	**Normal birth**			**Clinical practice guideline of normal birth**			**Antenatal, Intrapartum and Postnatal Care in Low Risk Pregnancy**			**Intrapartum care for healthy women and babies**			**Guideline relative to low risk birth**			**Intrapartum care for a positive childbirth experience**			**WHO recommendations for augmentation of labour**			**Approaches to Limit Intervention During Labor and Birth**		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
Item（a 7-point scale)																								
Scope and purpose																								
1.The overall objective(s) of the guideline is (are) specifically described.	7	7	7	7	7	7	7	7	7	7	7	6	7	7	7	7	7	7	7	7	7	7	7	7
2.The health question(s) covered by the guideline is	7	7	7	7	7	7	7	7	7	7	7	6	7	7	7	7	7	7	7	7	7	7	7	7

(are)specifically described.																									
3.The population (patients, public, etc.) to whom the guideline is meant to apply is specifically described.	7	7	7	7	7	7	7	7	7	7	7	7	7	7	6	7	7	7	7	7	7	7	7	7	7
Domain score			**100.00%**			**100.00%**			**100.00%**			**94.44%**			**98.15%**			**100.00%**				**100.00%**			**100.00%**	
Stakeholder involvement																									
4.The guideline development group includes individuals from all relevant professional groups.	7	7	7	7	7	7	7	7	7	6	6	7	6	7	7	7	7	7	7	7	7	6	6	7	
5.The views and preferences of the target population (patients, public, etc.) have been sought.	7	7	6	5	7	7	7	7	7	7	7	6	6	7	7	7	7	7	7	7	7	7	7	6	
6.The target users of the guideline are clearly defined.	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
Domain score			**98.15%**			**96.30%**			**100.00%**			**94.44%**			**96.30%**			**100.00%**				**100.00%**			**94.44%**	
Rigour of development																									
7.Systematic methods were used to search for evidence.	6	7	7	1	5	7	7	7	7	4	5	6	7	7	7	6	7	6	6	6	6	4	5	6	
8.The criteria for selecting the evidence are clearly described.	6	6	6	1	5	7	7	7	7	4	5	6	7	7	7	6	7	6	6	6	6	4	5	6	
9.The strengths and limitations of the body of evidence are clearly described.	6	7	6	1	4	7	7	7	6	7	7	6	7	7	7	7	7	7	6	7	7	7	7	6	
10.The methods for formulating the recommendations are	6	6	6	1	4	6	6	7	7	4	5	6	7	7	7	7	6	7	6	6	6	7	7	7	

clearly described.																								
11.The health benefits, side effects, and risks have been considered in formulating the recommendations.	6	6	6	4	6	7	6	7	7	4	5	7	7	6	7	7	7	7	7	7	7	7	7	7
12.There is an explicit link between the recommendations and the supporting evidence.	6	7	7	4	7	7	6	7	6	7	6	6	7	7	7	7	7	7	7	7	7	7	7	7
13.The guideline has been externally reviewed by experts prior to its publication.	6	7	6	7	7	7	6	7	6	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
14.A procedure for updating the guideline is provided.	7	6	6	1	3	7	7	7	7	7	7	7	5	7	6	7	7	7	7	7	7	7	7	7
Domain score			**88.19%**			**63.89%**			**95.14%**			**81.94%**			**97.22%**			**96.53%**			**93.06%**			**90.97%**	
Clarity of presentation																								
15.The recommendations are specific and unambiguous.	7	7	7	5	5	7	7	7	6	7	7	6	7	7	7	7	7	7	7	7	7	7	7	7
16.The different options for management of the condition or health issue are clearly presented.	7	7	7	7	7	7	7	7	7	7	7	6	6	7	6	7	7	7	7	7	7	7	7	7
17.Key recommendations are easily identifiable.	7	7	7	5	7	7	7	7	7	7	7	6	5	7	6	7	7	7	7	7	7	7	7	7
Domain score			**100.00%**			**88.89%**			**98.15%**			**94.44%**			**90.74%**			**100.00%**			**100.00%**			**100.00%**	
Applicability																								

18.The guideline describes facilitators and barriers to its application.	4	5	6	3	4	6	4	5	6	4	5	6	5	5	7	7	7	7	4	5	5	7	7	7
19.The guideline provides advice and/or tools on how the recommendations can be put into practice.	4	7	6	3	3	7	5	4	6	7	7	6	6	5	6	7	7	7	6	7	7	4	5	5
20.The potential resource implications of applying the recommendations have been considered.	4	7	7	3	4	7	4	4	7	7	5	6	6	5	7	7	6	6	7	7	7	7	6	6
21.The guideline presents monitoring and/or auditing criteria.	5	7	6	3	4	6	7	7	7	7	6	6	6	4	7	7	7	7	7	7	7	7	6	5
Domain score	**77.78%**			**56.94%**			**75.00%**			**83.33%**			**79.17%**			**97.22%**			**88.89%**			**83.33%**		
Editorial independence																								
22.The views of the funding body have not influenced the content of the guideline.	7	7	6	6	7	6	7	7	6	7	7	6	7	7	6	7	7	7	7	7	7	7	7	7
23.Competing interests of guideline development group members have been recorded and addressed.	7	7	5	4	7	5	7	7	5	5	6	6	7	7	6	7	7	7	7	7	7	7	7	7
Domain score	**91.67%**			**80.56%**			**91.67%**			**86.11%**			**94.44%**			**100.00%**			**100.00%**			**100.00%**		

S2.4 Methodological evaluation of systematic reviews by AGREE II

JBI CRITICAL APPRAISAL CHECKLIST FOR SYSTEMATIC REVIEWS AND RESEARCH SYNTHESES	Squatting position in the second stage of labor: A systematic review and meta-analysis			Position in the second stage of labour for women without epidural anaesthesia			Maternal postures for fetal malposition in labour for improving the health of mothers and their infants 2022			Benefits and risks of upright positions during the second stage of labour: An overview of systematic reviews			How do midwives facilitate women to give birth during physiological second stage of labour? A systematic review.			Maternal position in the second stage of labour for women with epidural anaesthesia.			Effects of 7 positions in the second stage of labour: a network Meta-analysis			Influence of different delivering positions on perineal outcomes : a systematic review			Effects of upright positions during the second stage of labour for women without epidural analgesia: A meta-analysis2020			The Effect of Maternal Position on Maternal, Fetal and Neonatal Outcomes: A Systematic Review			Effect of maternal birth positions on duration of second stage of labor: systematic review and meta-analysis2019			Upright positions in childbirth and the prevention of perineal lacerations: a systematic review and meta-analysis.		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1.Is the review question clearly and explicitly stated?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2.Were the inclusion criteria appropriate for the review question?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3.Was the search strategy appropriate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

4.Were the sources and resources used to search for studies adequate?	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
5.Were the criteria for appraising studies appropriate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
6. Was critical appraisal conducted by two or more reviewers independently?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No
7.Were there methods to minimize errors in data extraction?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

8.Were the methods used to combine studies appropriate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Unclear	Unclear	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
9.Was the likelihood of publication bias assessed?	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No	No	No	No
10. Were recommendations for policy and/or practice supported by the reported data?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11. Were the specific directives for new research appropriate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Note: “Yes” = met the criterion; “No” = did not meet the criterion; “Unclear” = insufficient information to determine.

S2.5 Methodological evaluation of RCTs by JBI CRITICAL APPRAISAL TOOL FOR ASSESSMENT OF RISK OF BIAS FOR RANDOMISED CONTROLLED TRIALS

JBI CRITICAL APPRAISAL TOOL FOR ASSESSMENT OF RISK OF BIAS FOR RANDOMISED CONTROLLED TRIALS	Clinical application of vertical position combined with lateral position for promoting natural delivery			Application effect of different posture nursing for the full - term pregnancy and delivery of elderly parturient women with continuous occipitotransverse position and occipitoposterior position (excluded)			A Hospital-Based Randomized Controlled Trial—Comparing the Outcome of Normal Delivery Between Squatting and Lying Down Positions During Labor			Study on the Effect of Standing Forward Tilt and Pelvic Swing in the Second Stage of Labor (excluded)		
	Appraiser 1	Appraiser 2	Appraiser 3	Appraiser 1	Appraiser 2	Appraiser 3	Appraiser 1	Appraiser 2	Appraiser 3	Appraiser 1	Appraiser 2	Appraiser 3
1. Was true randomization used for assignment of participants to treatment groups?	Yes	Yes	Yes	No	No	No	Unclear	Unclear	Unclear	No	No	No
2.Was allocation to groups concealed?	Unclear	Unclear	Unclear	No	No	No	No	No	No	No	No	No
3.Were treatment groups similar at the baseline?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4.Were participants blind to treatment assignment?	No	No	No	No	No	No	No	No	No	No	No	No
5.Were those delivering the treatment blind to treatment assignment?	No	No	No	No	No	No	No	No	No	No	No	No

6.Were treatment groups treated identically other than the intervention of interest?	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Unclear	Unclear	Unclear
7.Were outcome assessors blind to treatment assignment?	No	No	No	No	No	No	No	No	No	No	No	No
8.Were outcomes measured in the same way for treatment groups?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
9.Were outcomes measured in a reliable way	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
10.Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11.Were participants analyzed in the groups to which they were randomized?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
12.Was appropriate statistical	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

analysis used?												
13.Was the trial design appropriate and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No	No

*Detailed quality ratings for all 43 studies by design: guidelines (AGREE II), RCTs/systematic reviews (JBI tools). Two RCTs had moderate ratings due to unclear allocation concealment; 15/17 guidelines scored >80%. CASE tool rated 6 clinical decision articles as high-quality despite lacking search strategy details. "Yes" = met the criterion; "No" = did not meet the criterion; "Unclear" = insufficient information to determine.