

Table S1. Study characteristics.

AUTHOR (YEAR)	STUDY DESIGN	N (F/M)	MEAN AGE	CONDITION	TX TIME (MO)	INTERVENTION
Djeu (2005)	RCS	48	33.6 ± 11.8	NE pts	16.8	Invisalign
Djeu (2005)	RCS	48	23.7 ± 11.0	NE pts	20.4	TEB
Kuncio (2007)	RCS	11 (1/10)	34.0 ± 9.0	NE pts	20.9 ± 10.0	Invisalign
Kuncio (2007)	RCS	11 (1/10)	26.8 ± 12.1	NE pts	20.9 ± 10.0	TEB
Pavoni (2011)	PCS	20 (8/12)	18.3	NE pts, CI I, crowding	18.0 ± 2.0	Invisalign
Pavoni (2011)	PCS	20 (11/9)	15.5	NE pts, CI I, crowding	18.0 ± 3.0	SLB
Grunheid (2016)	RCS	30 (8/22)	25.0 ± 11.8	NE pts, CI I, normal relation	13.4 ± 6.8	Invisalign
Grunheid (2016)	RCS	30 (8/22)	26.3 ± 13.5	NE pts, CI I, normal relation	20.2 ± 5.3	PEA
Hennessy (2016)	RCT	20 (6/14)	29.1 ± 7.5	NE pts, CI I, crowding	10.2	Invisalign
Hennessy (2016)	RCT	20 (7/13)	23.7 ± 7.0	NE pts, CI I, crowding	11.3	PEA
Gu (2017)	RCS	48 (16/32)	26.0 ± 9.7	NE pts, no OS, no auxiliaries except elastics	13.4 ± 8.6	Invisalign
Gu (2017)	RCS	48 (30/18)	22.1 ± 7.9	NE pts, no OS, no auxiliaries except elastics	19.1 ± 5.9	SWEB
Lanteri (2018)	RCS	100 (30/70)	28.0 ± 10.0	NE pts, no OS	14.0	Invisalign
Lanteri (2018)	RCS	100 (30/70)	25.0 ± 10.0	NE pts, no OS	19.0	SWEB (MBT, 3M Espe)
Yi (2018)	RRS	40 (31/9)	21.8 ± 5.1	NE pts, no OS, CRF	22.1 ± 4.5	CAT
Yi (2018)	RRS	40 (29/11)	23.3 ± 5.6	NE pts, no OS, CRF	20.8 ± 5.3	PEA (0.6 mm slot)
Sfondrini (2018)	RS	25	25.5 ± 6.5	Dental CI I or CI II/III, torque change	–	Invisalign
Sfondrini (2018)	RS	25	25.5 ± 6.5	Dental CI I or CI II/III, torque change	–	Victory (3M)
Eissa (2018)	Cohort	11 (6/5)	18.3 ± 2.8	CRF, crowding	15.1 ± 1.9	CAT (SmartTrack)
Eissa (2018)	Cohort	11 (5/6)	17.3 ± 2.4	CRF, crowding	16.2 ± 2.8	PEA (3M Unitek)
Krieger (2013)	RRS	100 (63/37)	37.7	NE pts, CI I, crowding (ALD <8.0 mm)	19.8	Invisalign
Krieger (2013)	RRS	–	–	NE pts, CI I, crowding (ALD <8.0 mm)	–	–
Gay (2017)	PS	71 (46/25)	32.8 ± 12.7	Adult pts (>18.0 years), normal divergence, CI I with crowding (ALD <6.0 mm)	14.0	Invisalign
Gay (2017)	PS	–	–	Adult pts (>18.0 years), normal divergence, CI I with crowding (ALD <6.0 mm)	–	–
Chen (2015)	RS	–	–	Angle CI I, crowding >6.0 mm, 4 premolar extractions	–	–
Chen (2015)	RS	35 (19/16)	13.4 ± 2.5	Angle CI I, crowding >6.0 mm, 4 premolar extractions	20.3 ± 3.4	PEA (3M Unitek)
Agarwal (2016)	RS	–	–	CI I bimaxillary protrusion with 1st premolar extraction, NE crowding <5.0 mm	–	–
Agarwal (2016)	RS	60 (30/30)	–	CI I bimaxillary protrusion with 1st premolar extraction, NE crowding <5.0 mm	–	PEA (Roth/MBT)
Leite (2012)	PRS	8 (6/2)	20.6	–	–	PEA (3M Unitek)
Leite (2012)	PRS	35	24.7 ± 7.5	–	21.5 ± 5.6	Invisalign
Li (2020)	RCS	35 (22/13)	–	NE pts, no OS, CRF	–	–
Li (2020)	RCS	35 (27/8)	22.5 ± 6.5	NE pts, no OS, CRF	23.3 ± 6.3	3M Unitek
Cristia (2021)	PRS	20 (8/12)	23.6 ± 5.7	NE pts, Angle CI I, crowding, facial symmetry, passive lip seal	6.0	CAT (SmartTrack, Invisalign)
Cristia (2021)	PRS	20 (7/13)	20.6 ± 4.5	NE pts, Angle CI I, crowding, facial symmetry, passive lip seal	6.0	–
Jyotirmay (2021)	RCS	55 (34/21)	21.6 ± 3.6	NE pts, no OS, CRF	22.2 ± 7.3	Inline Aligners
Jyotirmay (2021)	RCS	55 (32/23)	23.7 ± 6.4	NE pts, no OS, CRF	22.5 ± 6.5	3M
Shalish (2012)	PS	21 (16/5)	30.3	–	–	Invisalign
Shalish (2012)	PS	47 (29/18)	30.3	–	–	B 0.6 × 0.7 mm GAC/Ormco, L Incognito
Azaripour (2015)	CSS	50 (39/11)	31.9 ± 13.6	SBI ≤20.0% and API ≤25.0% before orthodontic treatment	12.6 ± 7.4	Invisalign
Azaripour (2015)	CSS	50 (34/16)	16.3 ± 6.9	SBI ≤20.0% and API ≤25.0% before orthodontic treatment	12.9 ± 7.2	FA
White (2017)	PRS	23 (12/11)	–	NE pts, CI I/canine relationships, maxillary/mandibular crowding ≤4.0 mm	–	Invisalign
White (2017)	PRS	18 (12/6)	–	NE pts, CI I/canine relationships, maxillary/mandibular crowding ≤4.0 mm	–	MBT
Miller (2007)	PLCS	33 (22/11)	–	–	–	Invisalign
Miller (2007)	PLCS	27 (21/6)	–	–	–	FA
Almasoud (2018)	PS	32 (22/10)	28.5 ± 8.2	NE pts, CI I, crowding	–	Invisalign
Almasoud (2018)	PS	32 (20/12)	23.6 ± 5.4	NE pts, CI I, crowding	–	Damon Q (Ormco)