

Supplementary Table S5. Time-point-specific summary of major RLRL studies reporting axial length and spherical equivalent refraction (A), and choroidal thickness outcomes (B).

A.

First author	Year	1 mo AL change (mm)	3 mo AL change (mm)	6 mo AL change (mm)	12 mo AL change (mm)	1 mo SER change (D)	3 mo SER change (D)	6 mo SER change (D)	12 mo SER change (D)
Present study	2026*	-0.06 (-0.10 to -0.02)	-0.09 (-0.13 to -0.06)	-0.08 (-0.12 to -0.05)	-0.05 (-0.09 to -0.01)	0.16 (0.04 to 0.28)	0.22 (0.10 to 0.34)	0.30 (0.18 to 0.42)	0.16 (0.04 to 0.28)
Jing et al.	2022	NR	NR	0.02 ± 0.11	NR	NR	NR	0.06 ± 0.30	NR
Jiang et al.	2022	-0.04 (-0.05 to -0.03)	-0.01 (-0.03 to 0.00)	0.04 (0.02 to 0.07)	0.13 (0.09 to 0.17)	0.08 (0.04 to 0.13)	0.07 (0.02 to 0.12)	-0.03 (-0.11 to 0.05)	-0.20 (-0.29 to -0.11)
Xiong et al.	2023	-0.048 (-0.078 to 0.018)	-0.013 (-0.044 to 0.017)	0.063 (0.028 to 0.098)	0.122 (0.091 to 0.152)	0.056 (-0.023 to 0.135)	-0.013 (-0.093 to 0.066)	-0.096 (-0.186 to 0.005)	-0.224 (-0.304 to 0.144)
Yan et al.	2024	NR	NR	NR	-0.060 (-0.100 to 0.020)	NR	NR	NR	0.100 (-0.020 to 0.220)
Xu et al.	2024	-0.057 (-0.070, -0.044)	-0.088 (-0.108, -0.068)	-0.086 (-0.123, -0.050)	-0.062 (-0.103, -0.022)	NR	NR	0.107 (0.005, 0.210)	0.103 (-0.019, 0.226)

B.

First author	Year	1 mo choroidal thickness change (μm)	3 mo choroidal thickness change (μm)	6 mo choroidal thickness change (μm)	12 mo choroidal thickness change (μm)
Present study	2026*	20.20 (11.93 to 28.47)	20.54 (12.27 to 28.81)	21.26 (12.99 to 29.53)	21.09 (12.82 to 29.36)
Jing et al.	2022	NR	NR	NR	NR
Jiang et al.	2022	NR	NR	NR	NR
Xiong et al.	2023	14.755 (10.450 to 19.060)†	5.286 (0.978 to 9.594)†	1.543 (-3.470 to 6.556)†	9.089 (4.705 to 13.474)†
Yan et al.	2024	NR	NR	NR	NR

Abbreviations: AL, axial length; SER, spherical equivalent refraction; NR, not reported.

* Update according to the final publication year of the present manuscript.

For the present study, choroidal thickness refers to **subfoveal choroidal thickness (SFChT)**.

† For Xiong et al., choroidal values refer to **average macular choroidal thickness (mCT)** rather than SFChT.