

### Supplementary File 1 Search strategies

PubMed (<https://pubmed.ncbi.nlm.nih.gov/>)

```
((((((((((((((((((Dyslipidemias[MeSH Terms]) OR (Dyslipidemia[Title/Abstract])) OR
(Dyslipoproteinemia*[Title/Abstract])) OR (Hyperlipidemias[MeSH Terms])) OR
(Hyperlipidemia[Title/Abstract])) OR (Hyperlipemia*[Title/Abstract])) OR
(Triglyceride*[Title/Abstract])) OR (Hypertriglyceridemia*[Title/Abstract])) OR
(Cholesterol[Title/Abstract])) OR (Hypercholesterolemia*[Title/Abstract])) OR
(Lipoprotein*[Title/Abstract])) OR (Hyperlipoproteinemia*[Title/Abstract])) OR
(Lipid*[Title/Abstract])) OR (Metabolic syndrome[Title/Abstract])) OR (TG[Title/Abstract])) OR
(TC[Title/Abstract])) OR (HDL[Title/Abstract])) OR (LDL[Title/Abstract])) AND
((((((Avena[MeSH Terms])) OR (Avena*[Title/Abstract])) OR (Oat[Title/Abstract])) OR
(Oats[Title/Abstract])) OR (Oatmeal[Title/Abstract])) AND ((placebo[Title/Abstract]) OR
((((randomized controlled trial[Publication Type]) OR (controlled clinical trial[Publication
Type])) OR (randomized[Title/Abstract])) OR (randomised[Title/Abstract])) OR
(randomly[Title/Abstract])) OR (trial[Title])) OR ("Clinical Trials as Topic"[Mesh]))
```

Web of Science (<https://www.webofscience.com/>):

```
((TS=(Dyslipidemia* OR Dyslipoproteinemia* OR Hyperlipidemia* OR Hyperlipemia* OR
Triglyceride* OR Hypertriglyceridemia* OR Cholesterol OR Hypercholesterolemia* OR
Lipoprotein* OR Hyperlipoproteinemia* OR Lipid* OR Metabolic syndrome OR TG OR TC OR
LDL OR HDL)) AND TS=(Avena* OR Oat OR Oats OR Oatmeal)) AND TS=(randomized
controlled trial OR controlled clinical trial OR randomized OR randomly)
```

Cochrane library (<https://www.cochranelibrary.com/>):

#	Searches
1	MeSH descriptor: [Dyslipidemias] explode all trees
2	MeSH descriptor: [Hyperlipidemias] explode all trees
3	(Dyslipidemia):ti,ab,kw OR (Dyslipoproteinemia*):ti,ab,kw OR (Hyperlipidemia):ti,ab,kw OR (Hyperlipemia*):ti,ab,kw OR (Triglyceride*):ti,ab,kw OR (Hypertriglyceridemia*):ti,ab,kw OR (Cholesterol):ti,ab,kw OR (Hypercholesterolemia*):ti,ab,kw OR (Lipoprotein*):ti,ab,kw OR (Hyperlipoproteinemia*):ti,ab,kw OR (Lipid*):ti,ab,kw OR (Metabolic syndrome):ti,ab,kw OR (TG):ti,ab,kw OR (TC):ti,ab,kw OR (HDL):ti,ab,kw OR (LDL):ti,ab,kw
4	#1 OR #2 OR #3
5	MeSH descriptor: [Avena] explode all trees
6	(Avena*):ti,ab,kw OR (Oat):ti,ab,kw OR (Oats):ti,ab,kw OR (Oatmeal):ti,ab,kw
7	#5 OR #6
8	#4 AND #7

Embase (<https://www.embase.com/>):

#	Searches
1	'dyslipidemia'/exp OR 'hyperlipidemia'/exp OR 'dyslipidemias':ab,ti OR 'dyslipoproteinemia*':ab,ti OR 'hyperlipemia*':ab,ti OR 'triglyceride*':ab,ti OR 'hypertriglyceridemia*':ab,ti OR 'cholesterol':ab,ti OR 'hypercholesterolemia*':ab,ti OR

	'lipoprotein*':ab,ti OR 'hyperlipoproteinemia*':ab,ti OR 'lipid*':ab,ti OR 'metabolic syndrome':ab,ti OR 'TG':ab,ti OR 'TC':ab,ti OR 'HDL':ab,ti OR 'LDL':ab,ti
2	'avena'/exp OR 'avena*':ab,ti OR 'oat':ab,ti OR 'oats':ab,ti OR 'oatmeal':ab,ti
3	'crossover procedure':de OR 'double-blind procedure':de OR 'randomized controlled trial':de OR 'single-blind procedure':de OR random*':de,ab,ti OR factorial*':de,ab,ti OR crossover*':de,ab,ti OR ((cross NEXT/1 over*):de,ab,ti) OR placebo*':de,ab,ti OR ((doubl* NEAR/1 blind*):de,ab,ti) OR ((singl* NEAR/1 blind*):de,ab,ti) OR assign*':de,ab,ti OR allocat*':de,ab,ti OR volunteer*':de,ab,ti
4	#1 AND #2 AND #3

International Clinical Trial Registry (<https://clinicaltrials.gov>):

Search fields	Search term
Condition or disease	Dyslipidemias
Study type	Interventional Studies (Clinical Trials)
Intervention/treatment:	Avena

CNKI (<https://cnki.net>):

(主题=血脂异常 + 高脂血症 + 高胆固醇血症 + 高甘油三酯血症 + 低高密度脂蛋白胆固醇血症 + 混合型高脂血症 + 血脂 + 胆固醇 + 甘油三酯 + 低密度脂蛋白 + 高密度脂蛋白 + TC + TG + LDL + HDL) AND (主题=燕麦) AND (摘要=随机对照 + 随机 + RCT)

VIP (<http://www.cqvip.com>):

((((((((((((((题名或关键词=血脂异常 OR 题名或关键词=高脂血症) OR 题名或关键词=高胆固醇血症) OR 题名或关键词=高甘油三酯血症) OR 题名或关键词=低高密度脂蛋白胆固醇血症) OR 题名或关键词=混合型高脂血症) OR 题名或关键词=血脂) OR 题名或关键词=胆固醇) OR 题名或关键词=甘油三酯) OR 题名或关键词=低密度脂蛋白) OR 题名或关键词=高密度脂蛋白) OR 题名或关键词=TC) OR 题名或关键词=TG) OR 题名或关键词=LDL) OR 题名或关键词=HDL) AND 题名或关键词=燕麦) AND ((摘要=随机对照 OR 摘要=随机) OR 摘要=RCT))

WanFang (<https://wanfangdata.com.cn>):

主题:(血脂异常 or 高脂血症 or 高胆固醇血症 or 高甘油三酯血症 or 低高密度脂蛋白胆固醇血症 or 混合型高脂血症 or 血脂 or 胆固醇 or 甘油三酯 or 低密度脂蛋白 or 高密度脂蛋白 or TC or TG or LDL or HDL) and 主题:(燕麦) and 主题:(随机对照 or 随机 or RCT)

SinoMed (<http://www.sinomed.ac.cn>):

#	Searches
1	"血脂异常"[不加权:扩展] OR "高脂血症"[常用字段:智能] OR "高胆固醇血症"[常用字段:智能] OR "高甘油三酯血症"[常用字段:智能] OR "低高密度脂蛋白胆固醇血症"[常用字段:智能] OR "混合型高脂血症"[常用字段:智能] OR "血脂"[常用字段:智能] OR "胆固醇"[常用字段:智能] OR "甘油三酯"[常用字段:智能] OR "低密度脂蛋白"[常用字段:智能] OR "高密度脂蛋白"[常用字段:智能] OR "TC"[常用字段:智能] OR "TG"[常用字段:智能] OR "LDL"[常用字段:智能] OR "HDL"[常用字段:智能]

2	"燕麦属"[不加权:扩展] OR "燕麦"[常用字段:智能]
3	"随机对照试验"[不加权:扩展] OR "随机对照"[常用字段:智能] OR "随机"[常用字段:智能]
4	#1 AND #2 AND #3

Chinese Clinical Trial Registry (<http://www.chictr.org.cn>):

项目	筛选条件
注册题目	血脂
干预措施	燕麦
公开试验结果文件	是