

A. PRISMA 2020 Checklist

Although this systematic review follows most of the guidelines outlined in the PRISMA 2020 checklist [1], it presents certain limitations in areas such as risk of bias assessment, result heterogeneity, and certainty of evidence. These omissions are partly due to the exploratory and qualitative nature of the study, which focuses on mentoring programs for women in STEM fields in Latin America, rather than clinical or biomedical interventions where such standards are more systematic and quantifiable. Moreover, the literature analyzed often lacks comparative designs or standardized metrics, making it unfeasible to apply formal tools for bias or certainty assessment. Nevertheless, rigorous criteria for study selection, thematic coding, and narrative synthesis were applied to ensure the validity and relevance of the findings within the educational and gender equity context.

| Section | No | Item | Compliant? |
|--------------|----|---|------------|
| Title | 1 | Identification of the report as a systematic review | Yes |
| Abstract | 2 | Structured abstract with key elements | Yes |
| Introduction | 3 | Rationale for the review | Yes |
| Introduction | 4 | Explicit objectives or research questions | Yes |
| Methods | 5 | Eligibility criteria | Yes |
| Methods | 6 | Information sources | Yes |
| Methods | 7 | Search strategy | Yes |
| Methods | 8 | Study selection process | Yes |
| Methods | 9 | Data extraction process | Yes |
| Methods | 10 | Data items to be extracted | Yes |
| Methods | 11 | Risk of bias assessment in included studies | Partial |
| Methods | 12 | Summary measures of outcomes | Yes |
| Methods | 13 | Methods for result synthesis | Yes |
| Methods | 14 | Exploration of heterogeneity | No |
| Methods | 15 | Certainty or confidence in the evidence | No |
| Results | 16 | Study selection with flow diagram | Yes |
| Results | 17 | Study characteristics | Yes |
| Results | 18 | Risk of bias assessment in studies | No |
| Results | 19 | Individual study results | Yes |
| Results | 20 | Synthesis of results | Yes |
| Results | 21 | Exploration of heterogeneity in results | No |
| Results | 22 | Certainty or confidence in the results | No |
| Discussion | 23 | Summary of main findings | Yes |
| Discussion | 24 | Limitations of the included evidence | Yes |
| Discussion | 25 | Limitations of the review process | Yes |
| Discussion | 26 | Implications for practice, policy, and research | Yes |
| Other | 27 | Funding, registration, data availability | No |

References

- [1] M. J. Page *et al.*, “The PRISMA 2020 statement: an updated guideline for reporting systematic reviews,” *BMJ*, p. n71, Mar. 2021, doi: 10.1136/bmj.n71.