**Supplemental Digital Content 1: Critical appraisal using The Quality Assessment Tool for Quantitative Studies**

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| **Reference** | **Selection Bias** | **Study Design** | **Confounders** | **Blinding** | **Data Collection Method** | **Withdrawals and Dropouts** | **Global Rating** |
| (Bengtsson *et al.*, 2010) | Weak | Strong | Moderate | Weak | Strong | Weak | Weak |
| (Buresi *et al.*, 2014) | Weak | Moderate | Weak | Weak | Weak | Weak | Weak |
| (Dill & Dill, 1995) | Weak | Weak | n/a | Weak | Weak | Weak | Weak |
| (Ilnyckyj *et al.*, 2003) | Moderate | Moderate | n/a | Weak | Strong | Weak | Weak |
| (Moore *et al.*, 2014) | Weak | Moderate | Moderate | Moderate | Weak | Strong | Weak |
| (Novak *et al.*, 2014) | Moderate | Strong | Strong | Weak | Strong | Weak | Weak |

Scoring rules: Strong (no weak ratings), Moderate (one weak rating), Weak (two or more weak ratings)