

Tables S2a: Quality assessment of the included study with New Castle-Ottawa Quality Assessment Scale

Study	Representativeness of exposed cohort	Selection of non-exposed cohort	Ascertainment of exposure	Demonstration that outcome of interest was not present at start of study	Comparability of cohorts on the basis of the design or analysis	Assessment of outcome	Was follow-up long enough for outcomes to occur	Adequacy of follow up completion of cohorts
Babanataj 2018	*		*			*		*
Choi 2016	*	*	*		*	*		
Craigie 2016	*		*		*	*		*
DuBois 2018	*		*			*		
Foster 2018	*		*			*		
Foureur 2013	*		*			*		
Gothard 2019	*		*			*		
Magtibay 2017	*		*			*		
Maunder 2010	*		*			*		
Tarantino 2013	*		*			*	*	
Yang 2019	*	*	*		*	*		
Legends: * represents fulfillment of the criterion and blank cell represent non-fulfillment of criterion								

Tables S2b: Quality assessment of the randomized studies with Cochrane Tool for the Assessment of the Quality of the Randomized Controlled Trials

Study	Other bias	Selective reporting	Incomplete outcome data	Blinding of outcome assessment	Blinding of participants /personnel	Allocation concealment	Random sequence generator
Chesak 2015	L	L	L	U	NA	NA	L
Mealer 2014	L	L	L	L	NA	NA	L

Legends: H: high risk; L: low risk; M: mediocre risk; NA, not applicable; U: unclear risk