**Supplementary Table 2:** Quality Assessment and risk of bias in individual studies evaluated using Newcastle Ottawa Scale and Joanna Briggs Institute Critical appraisal checklist.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author** | **Newcastle Ottawa Scale (NOS)** | | | | | | | | **NOS Grade** | **Joanna Briggs Institute  Checklist** | |
| **Selection** | | **Comparability/**  **Confounder** | | **Outcome** | | **Total** | |
| **MR** | **ZL/AS** | **MR** | **ZL/AS** | **MR** | **ZL/AS** | **MR** | **ZL/AS** | **MR** | **ZL** |
| Burton-Papp et al48 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Good | NA | NA |
| Caputo et al 2 | \*\*\*\* | \*\*\*\* | \* | \* | \*\*\* | \*\*\* | 8 | 8 | Good | NA | NA |
| Coppo et al 26 | \*\*\*\* | \*\*\*\* | \* | \* | \*\*\* | \*\*\* | 8 | 8 | Good | NA | NA |
| Damarla et al 27 | NA | NA | NA | NA | NA | NA | NA | NA | NA | 8 | 8 |
| Despres et al 10 | NA | NA | NA | NA | NA | NA | NA | NA | NA | 8 | 8 |
| Dong et al 37 | \*\*\* | \*\*\* | 0 | 0 | \*\*\* | \*\*\* | 6 | 6 | Poor | NA | NA |
| Elharrar et al 36 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Fair | NA | NA |
| Ferrando et al47 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Fair | NA | NA |
| Golestani-Eraghi et al 35 | \*\*\* | \*\*\* | 0 | 0 | \*\*\* | \*\*\* | 6 | 6 | Poor | NA | NA |
| Kelly et al46 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Fair | NA | NA |
| Lawton et al 28 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\* | \*\* | 6 | 6 | Poor | NA | NA |
| Moghadam et al 34 | NA | NA | NA | NA | NA | NA | NA | NA | NA | 7 | 8 |
| Paternoster et al44 | NA | NA | NA | NA | NA | NA | NA | NA | NA | 8 | 8 |
| Padro et al45 | \*\*\*\* | \*\*\*\* | \* | \* | \*\*\* | \*\*\* | 8 | 8 | Good | NA | NA |
| Ramirez et al43 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Good | NA | NA |
| Retucci et al 33 | \*\*\* | \*\*\* | 0 | 0 | \*\* | \*\* | 5 | 5 | Poor | NA | NA |
| Ripoll-Gallardo et al42 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Fair | NA | NA |
| Sartini et al 32 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\* | \*\* | 6 | 6 | Poor | NA | NA |
| Solverson et al41 | \*\*\* | \*\*\* | 0 | 0 | \*\*\* | \*\*\* | 6 | 6 | Poor | NA | NA |
| Taboda et al40 | \*\*\* | \*\*\* | 0 | 0 | \*\*\* | \*\*\* | 6 | 6 | Poor | NA | NA |
| Thompson et al 31 | \*\*\* | \*\*\* | 0 | 0 | \*\*\* | \*\*\* | 6 | 6 | Poor | NA | NA |
| Tu et al 30 | NA | NA | NA | NA | NA | NA | NA | NA | NA | 8 | 8 |
| Winearls et al39 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Fair | NA | NA |
| Xu et al 29 | \*\*\*\* | \*\*\*\* | 0 | 0 | \*\*\* | \*\*\* | 7 | 7 | Fair | NA | NA |
| Zang et al 9 | \*\*\*\* | \*\*\*\* | \* | \* | \*\*\* | \*\*\* | 8 | 8 | Good | NA | NA |