*Supplemental Table 3. Risk of bias assessment using the Newcastle-Ottawa Scale for observational trials*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Study** | **Selection** | **Comparability** | **Outcome** | **Total number of stars** |
| Abell 2013a | ★★★ | ★ | ★★★ | 7 |
| Abell 2013b | ★★★★ | ★ | ★★★ | 8 |
| Abell 2013c | ★★★ | ★ | ★★★ | 7 |
| Abell 2014a | ★★★★ | ★ | ★★★ | 8 |
| Abell 2014b | ★★★★ | ★ | ★★★ | 8 |
| Abell 2015 | ★★★★ | ★ | ★★★ | 8 |
| Al-Mohtaseb 2017 | ★★★ |  | ★★★ | 6 |
| Alvarez-Rementería 2012 | ★★★ |  | ★★★ | 6 |
| Ang 2018 | ★★★★ |  | ★★★ | 7 |
| Asena 2017 | ★★ | ★ | ★★★ | 6 |
| Berk 2018 | ★★★★ | ★ | ★★★ | 8 |
| Brunin 2017 | ★★★★ |  | ★★ | 6 |
| Cavallini 2018 | ★★★ |  | ★★★ | 6 |
| Chan 2017 | ★★★ | ★★ | ★★★ | 8 |
| Chee 2015 | ★★ | ★ | ★★ | 5 |
| Chen 2015 | ★★★★ | ★★ | ★★★ | 9 |
| Chen 2017 | ★★★★ | ★ | ★★★ | 8 |
| Conrad-Hengerer 2012 | ★★ |  | ★★★ | 5 |
| Conrad-Hengerer 2014a | ★★★★ |  | ★★★ | 7 |
| Day 2018 | ★★★ |  | ★★★ | 6 |
| Daya 2014 | ★★★ |  | ★★★ | 6 |
| Ecsedy 2011 | ★★ | ★ | ★★★ | 6 |
| Espaillat 2016 | ★★★★ | ★ | ★★★ | 8 |
| Ewe 2015 | ★★★★ | ★ | ★★★ | 8 |
| Ewe 2016 | ★★★ |  | ★★★ | 6 |
| Fernández 2018 | ★★ | ★ | ★★★ | 6 |
| Hatch 2015 | ★★★★ |  | ★★★ | 7 |
| Kovács 2014 | ★★★★ | ★ | ★★★ | 8 |
| Kránitz 2011 | ★★ | ★ | ★★★ | 6 |
| Krarup 2014 | ★★★★ | ★★ | ★★★ | 9 |
| Lawless 2012 | ★★★★ | ★ | ★★★ | 8 |
| Levitz 2015 | ★★★ |  | ★★★ | 6 |
| Mayer 2014 | ★★★★ | ★ | ★★★ | 8 |
| Miháltz 2011 | ★★ | ★ | ★★★ | 6 |
| Nagy 2012 | ★★ | ★ | ★★★ | 6 |
| Oakley 2016 | ★★★★ |  | ★★★ | 7 |
| Ranjini 2017 | ★★ |  | ★ | 3 |
| Saeedi 2018 | ★★★★ |  | ★★★ | 7 |
| Titiyal 2016 | ★★★ |  | ★★ | 5 |
| Titiyal 2018 | ★★★★ |  | ★★ | 6 |
| Tognetto 2018 | ★★ |  | ★★★ | 5 |
| Vasquez-Perez 2018 | ★★★ | ★ | ★★★ | 7 |
| Wang 2018 | ★★★★ |  | ★★★ | 7 |
| Wei 2017 | ★★★ |  | ★★★ | 6 |
| Wei Dayna 2018 | ★★★ | ★ | ★★★ | 7 |
| Whang 2018 | ★★ | ★ | ★★ | 5 |
| Yu 2016 | ★★★★ | ★ | ★★★ | 8 |
| Zhu 2018 | ★★ |  | ★★★ | 5 |