**Supplementary Document 3:** Quality assessment using the Newcastle-Ottawa Scale (NOS)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Selection** |  |  |  | **Comparability** | **Outcome** |  | **Score** |
| Representativeness of the sample | Sample size justified | on-respondents | Ascertainment of exposure (max\*\*) | Confounding controlled (max\*\*) | Outcome assessment (max\*\*) | Statistics | **Total** |
| Study 1 |  | \* | \* | \*\* | \*\* | \*\* | \* | 9 |
| Study 2 | \* |  | \* | \* | \*\* | \*\* | \* | 9 |
| Study 3 | \* |  | \* | \*\* | \* | \*\* | \* | 8 |
| Study 4 | \* | \* | \* | \* | \* | \*\* | \* | **9** |
| Study 5 | \* |  | \* | \*\* | \*\* | \*\* | \* | 9 |
| Study 6 | \* |  | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 7 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 8 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 9 | \* | \* | \* | \*\* | \* | \*\* | \* | 9 |
| Study 10 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 11 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 12 | \* |  | \* | \*\* | \* | \*\* | \* | 8 |
| Study 13 | \* |  | \* | \*\* | \*\* | \*\* | \* | 9 |
| Study 14 | \* | \* | \* | \* | \* | \*\* | \* | 9 |
| Study 15 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 16 | \* |  | \* | \*\* | \*\* | \*\* | \* | 9 |
| Study 17 | \* | \* | \* | \* | \*\* | \*\* | \* | 9 |
| Study 18 | \* | \* | \* | \*\* | \* | \*\* | \* | 9 |
| Study 19 | \* |  |  | \* | \* | \* | \* | 5 |
| Study 20 | \* |  | \* | \*\* | \* | \*\* | \* | 8 |
| Study 21 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 22 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 23 | \* |  | \* | \* | \* | \*\* | \* | 7 |
| Study 24 | \* |  | \* | \*\* | \*\* | \*\* | \* | 9 |
| Study 25 | \* |  |  | \* | \* | \* | \* | 5 |
| Study 29 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 30 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 31 | \* |  |  | \* | \* | \*\* | \* | 6 |
| Study 32 | \* |  | \* | \*\* | \* | \*\* | \* | 8 |
| Study 33 | \* | \* | \* | \*\* | \*\* | \*\* | \* | 10 |
| Study 34 | \* | \* | \* | \* | \* | \* | \* | 7 |
| *High quality= 7-10; Moderate quality= 4-6; Low Quality= 0-3. The study should score at least “7” to be included in the review.* |