Additional File 1 Cohort characteristics, TSP data source, hierarchy of evidence score and quality appraisal for each study.

Reference	Population	TSP data source	N	Age (yrs)	NHMRC score	Quality appraisal score*														
						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Total
Aronsson et al [39]	Swedish working adults	telephone interview	2086 F, 1715 M	16-65	IV	1	1	1	1	0	1	0	1	1	1	1	1	1	1	0	12
Balague et al [60]	Swiss schoolchildren	self-report questionnaire	875 F, 840 M	7-17	IV	1	1	1	1	0	0	0	0	0	1	1	1	1	0	0	9
Balague et al [61]	Swiss schoolchildren	self-report questionnaire	323 F, 292 M	12-17	IV	1	0	1	0	0	0	0	1	1	1	1	1	1	1	1	10
Balague et al [59]	Swiss schoolchildren	self-report questionnaire	54 F, 63 M	10-16	IV	1	0	1	0	0	1	1	0	1	1	1	1	1	1	0	10
Cude-Mauroux et al [40]	Swiss schoolchildren	self-report questionnaire	68 F, 57 M	8-12	IV	1	1	1	1	1	1	1	0	1	1	1	1	1	1	1	14
Dieck et al [62]	American college graduates	self-report questionnaire	903 F	Not stated	III-2	1	0	1	0	0	0	0	0	1	1	1	1	1	1	1	9
El-Metwally et al [41]	Finnish schoolchildren	self-report questionnaire	571 F, 542 M	10.8	II	1	1	1	1	0	1	0	1	1	1	1	1	1	1	1	13
Fairbank et al [42]	UK schoolchildren	self-report questionnaire	219 F, 227 M	12-18	IV	0	0	1	0	0	0	0	0	0	1	0	1	0	1	0	4

		and subjective interview																			
Feldman et al [69]	Canadian high school students	self-report questionnaire	342	13.8 (0.1)	II	1	1	1	0	0	1	1	0	0	1	1	1	1	1	1	11
Grimmer et al [12]	Australian schoolchildren	subjective interview	60 F, 72 M	13-17	II	1	1	1	1	0	1	1	0	0	1	1	1	1	1	1	12
Hagen et al [43]	Norwegian adults	self-report questionnaire	25,922	20-80	IV	1	1	1	0	0	1	0	0	0	1	1	1	1	1	1	10
Harreby et al [64]	Danish schoolchildren	self-report questionnaire	718 F, 671 B	14-15	IV	1	0	1	0	0	0	0	0	0	1	1	1	1	1	0	7
Korovessis et al [44]	Greek schoolchildren	subjective interview	664 F, 588 M	15.0 (2.0)	IV	1	0	1	0	0	1	1	0	1	1	1	1	1	1	0	10
Korovessis et al [65]	Greek schoolchildren	subjective interview	1816 F, 1625 M	12.0 (1.5)	IV	1	0	1	0	0	1	1	0	1	1	1	1	1	1	1	11
Kujala et al [45]	Finnish schoolchildren	self-report questionnaire	344 F, 354 M	10-16	IV	1	0	1	0	0	1	0	1	0	1	1	1	1	1	0	9
Linton et al [47]	Swedish adults	self-report questionnaire	1004 F, 910 M	35-45	IV	1	1	1	1	0	0	0	0	0	0	1	1	1	1	0	8
Linton et al [46]	Swedish adults	self-report questionnaire	500	35-45	IV	1	1	1	0	0	1	0	0	1	1	1	1	1	1	0	10
Mikkelsson et al [66]	Finnish schoolchildren	self-report questionnaire	894 F, 862 M	9.8 (0.3) and	II	1	1	1	1	0	1	0	1	1	1	1	1	1	1	1	13

				11.8 (0.4)																	
Mogensen et al [67]	Danish schoolchildren	subjective interview	234 F, 205 M	12-13	IV	1	1	1	1	0	1	1	1	0	1	1	1	1	1	1	13
Moore et al [48]	American schoolchildren	subjective interview	287 F, 244 M	8-18	IV	1	1	1	0	0	1	1	0	0	1	1	1	1	1	1	11
Murphy et al [49]	UK schoolchildren	self-report questionnaire	32 F, 34 F	12.7 (0.9)	IV	1	1	1	0	0	1	1	0	0	1	1	1	1	1	1	11
Murphy et al [50]	UK schoolchildren	self-report questionnaire	336 F, 343 M	12.8 (0.9)	IV	1	1	1	0	0	1	1	1	1	1	1	1	1	1	1	13
Natvig et al [68]	Norwegian adults	self-report questionnaire	1418 F, 1308 M	20-72	IV	1	1	1	0	0	1	0	1	1	0	1	0	1	1	1	10
Niemelainen et al [13]	Finnish males	structured interview	600 M	49.8 (7.7)	IV	1	1	1	0	0	1	1	0	1	1	1	1	1	1	1	12
Park et al [51]	American working male adults	self-report questionnaire	12,812	>19 yrs	III-2	1	1	1	1	0	1	1	0	0	1	0	1	1	0	1	10
Reigo et al [52]	Swedish working adults	self-report questionnaire	663 F, 681 M	20-59	IV	1	0	1	0	0	1	0	1	1	1	0	1	1	1	0	9
Salminen et al [53]	Finnish schoolchildren	self-report questionnaire	370	11-17	IV	1	1	1	0	0	1	0	1	0	1	1	1	1	1	1	11
Troussier et al [54]	French schoolchildren	self-report questionnaire	471 F, 455 M	10-14	IV	1	0	1	0	0	1	0	0	0	1	1	1	1	1	1	9
Tsuritani et	Japanese	subjective	709 F	54.0	IV	1	1	1	1	0	1	0	0	0	1	1	1	1	1	0	10

al [55]	female adults	interview		(7.7)																	
Veerapen et al [56]	Adults living in Malaysia	subjective interview	1420 F, 1174 M	> 15	IV	1	0	1	0	0	1	0	0	0	1	1	1	1	1	1	9
Wedderkopp et al [57]	Danish female schoolchildren	subjective interview	254 F children, 165 F adolescents	8-10, 14-16	IV	1	1	1	1	0	1	0	0	0	1	1	1	1	1	1	12
Wedderkopp et al [11]	Danish schoolchildren	subjective interview	419 F, 387 M	8-16	IV	1	0	1	0	1	1	1	1	0	1	1	1	1	1	1	12
Whittfield et al [58]	New Zealand schoolchildren	Self-report questionnaire	70 F, 70 M	13.6 (1.3) and 17.1 (0.6)	IV	1	1	1	0	0	1	1	0	0	1	1	1	1	1	1	11
Proportion of studies with positive score (%)	-		-	-	-	*97.0*	*63.6*	*100*	*33.3*	*6.1*	*81.8*	*42.4*	*33.9*	*42.4*	*93.9*	*90.9*	*97.0*	*97.0*	*93.9*	*66.7*	*Mean (SD): 10.5 (2.0)*

* Key to scoring (Law et al. [36]): all items 1 for yes, 0 for no except biases (0 for yes, 1 for no).

1 = Was the study purpose stated clearly? 2 = Was relevant background literature reviewed? 3 = Was the design appropriate for the study question? 4 = Were there any biases present (minimum response rate of 80% for sample bias, blinding of investigators when physical measure were taken)? 5 = Was sample size justified? 6 = Was the sample described in detail? (had to include the number of participants by gender, age,

and a description of where the cohort was sampled from) 7 = Was informed consent obtained? (if not described, assume no); 8 = Were the outcome measures valid? (if all not described, assume no); 9 = Were the outcome measures reliable? (if all not described, assume no); 10 = Results were reported in terms of statistical significance? 11 = Clinical importance was reported? 12 = Were the statistical analysis methods appropriate? 13 = Conclusions were appropriate given the study methods? 14 = Are there implications for clinical practice given the results of the study (based on the experience of the reviewers)? 15 = Were limitations of the study acknowledged and described by the authors?

M = males, F = females