**Table S2. Risk of bias assessment of randomized controlled trials.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **First author of each study** | **Adequate sequence generation?** | **Allocation concealment?** | **Blinding of participants and personnel?** | **Blinding of outcome assessment?** | **Incomplete outcome data addressed?** | **Free of selective reporting?** | **Free of other bias (no funding)?** |
| Abdellatif | Y | U | N | U | Y | Y | Y |
| Aydemir | Y | U | Y | U | Y | Y | Y |
| Durante-Mangoni | Y | Y | Y | U | Y | Y | Y |
| Sirijatuphat | Y | U | N | U | Y | Y | Y |

Abbreviations: *Y* Yes (i.e. low risk of bias), *N* No (i.e. high risk of bias), *U* Unclear (i.e. insufficient information to permit judgement of ‘low risk’ or ‘high risk’)

**Table S3. Risk of bias assessment of observational studies.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **First author of each study** | **Selection bias** | | | | **Comparability bias**  **on study design or analysis** | **Outcome bias** | | | **Total score** |
| **Exposed**  **cohort** | **Non-exposed cohort** | **Ascertainment of exposure** | **Outcome of interest** | **Assessment of outcome** | **Length of follow-up** | **Adequacy of follow-up** |
| Amin | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Betrosian | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | 8 |
| Chuang | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | 8 |
| De Pascale | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Demirdal | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Doshi | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Frantzeskaki | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Garnacho Montero | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Hsieh | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | 8 |
| Kalin | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Khawcharoenporn | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | 8 |
| Kim | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Kofteridis | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Korbila, | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Kwon | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Petrosillo | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | 8 |
| Tumbarello | **\*** | **\*** | **\*** | **\*** | **\*\*** | **\*** | **\*** | **\*** | 9 |
| Yilmaz | **\*** | **\*** | **\*** | **\*** |  | **\*** | **\*** | **\*** | 7 |
| Zalts | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | **\*** | 8 |

\* = one score, \*\*= two score