

**Additional file 4.** Data extraction form

<b>Citation Details</b> <ul style="list-style-type: none"> <li>• Title</li> <li>• Year of publication</li> <li>• Authors</li> <li>• Study ID</li> <li>• Pubmed ID</li> <li>• Country of publication</li> </ul>	<b>Study Details</b> <ul style="list-style-type: none"> <li>• Design</li> <li>• Time</li> <li>• Duration</li> <li>• Setting</li> <li>• Sample size</li> </ul>	<b>Participants details</b> <ul style="list-style-type: none"> <li>• Sample size</li> <li>• Age range</li> <li>• % male and female</li> <li>• Ethnicity</li> <li>• % drop out</li> </ul>	<b>Exposure(s) variable details</b> <ul style="list-style-type: none"> <li>• Exposure type</li> <li>• Measurement type</li> <li>• Time(s) and number of measurements</li> <li>• Categorisation criteria (if applicable)</li> </ul>	<b>Outcome(s) Variable details</b> <ul style="list-style-type: none"> <li>• Exposure type</li> <li>• Measurement type</li> <li>• Time(s) and number of measurements</li> <li>• Categorisation criteria (if applicable)</li> </ul>	<b>Statistical analyses</b> <ul style="list-style-type: none"> <li>• Analysis used</li> <li>• Association</li> <li>• Covariates adjusted for</li> <li>• Mediating factors</li> <li>• Results</li> </ul>