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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Supplementary Table 1.** Risk of bias assessment of included studies. | | | | | | | |
| **References** | **Selection Bias** | **Study Design** | **Confounders** | **Blinding** | **Instrument Validation** | **Losses and Refusals** | **Final Classification** |
| Steene-Johannessen et al., [15] | 1 | 0 | 1 | -1 | 1 | 0 | Moderate |
| Mota et al., [16] | 1 | 0 | 0 | -1 | 1 | 0 | Moderate |
| Artero et al., [17] | 1 | 0 | 1 | -1 | 1 | 0 | Moderate |
| Cohen et al., [21] | 1 | 0 | 1 | -1 | 1 | 0 | Moderate |
| Peterson et al., [24] | 1 | 0 | 0 | -1 | 1 | 0 | Moderate |
| Grontved et al., [18] | 1 | 0 | 1 | -1 | 1 | 0 | Moderate |
| Fraser et al., [23] | 1 | 0 | 1 | -1 | 1 | 0 | Moderate |
| Zaqout et al., [19] | 1 | 0 | 0 | -1 | 1 | 0 | Moderate |
| Ramirez-Velez et al., [22] | 0 | 0 | 0 | -1 | 1 | 0 | Moderate |
| Kang et al., 2018 [7] | 0 | 0 | 1 | -1 | 1 | 0 | Moderate |
| Lee et al., [20] | 1 | 0 | 1 | -1 | 1 | 0 | Moderate |
| Perez-Bey et al., [8] | 0 | 0 | 0 | -1 | 1 | 0 | Moderate |
| Castro-Pinero et al., [9] | 1 | 0 | 1 | -1 | 1 | 0 | Moderate |