**Supplementary Table 1:**  Quality assessment matrix of included studies

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Author, Year** | **Selection Bias** | **Study Design** | **Confounders** | **Data Collection Methods** | **Analysis** | **Overall Rating** |
| Ahmed, 2022 (65) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Becerra, 2013 (17) | ^^^ | ^^ | ^^ | ^^^ | ^^^ | \*\* |
| Bradley, 2023 (25) | ^^ | ^^ | ^^^ | ^^^ | ^^^ | \*\* |
| Chang, 2022 (59) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Chen, 2018 (50) | ^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Choi, 2020 (24) | ^^ | ^ | ^^ | ^^^ | ^^^ | \*\* |
| Fan, 2019 (44) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Flanagan, 2023 (48) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Forns, 2016 (32) | ^ | ^^^ | ^^ | ^^^ | ^^^ | \* |
| Forns, 2018 (18) | ^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\* |
| Fuertes, 2016 (57) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Geng, 2019 (20) | ^^^ | ^^ | ^^ | ^^^ | ^^^ | \*\* |
| Gong, 2014 (89) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Gong, 2017 (90) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Guxens, 2016 (91) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Harris, 2016 (92) | ^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Iyanna, 2023 (93) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Jiang, 2023 (42) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Jo, 2019 (21) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\* |
| Joa, 2019 (22) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\* |
| Joo, 2021 (63) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Jorcano, 2019 (69) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Ju, 2023 (68) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Jung, 2013 (53) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Kaufman, 2019 (23) | ^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\* |
| Kerin, 2018 (19) | ^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\* |
| Kim, 2022 (33) | ^^ | ^^ | ^ | ^^^ | ^^^ | \* |
| Kusters, 2022 (94) | ^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Latham, 2021 (67) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Lee, 2023 (26) | ^^ | ^^ | ^^ | ^^^ | ^^^ | \*\* |
| Lertxundi, 2019 (72) | ^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Liu, 2018 (43) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Loftus, 2020 (66) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Luminati, 2022 (62) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Magen-Molho, 2021 (34) | ^^ | ^ | ^^ | ^^^ | ^^^ | \* |
| Markevych, 2018 (27) | ^^ | ^^ | ^^ | ^^^ | ^^^ | \*\* |
| McGuinn, 2020 (29) | ^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\* |
| McGuinn, 2022 (8) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Min, 2017 (61) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Ni, 2022 (71) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Oudin, 2019 (54) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Pagalan, 2019 (73) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Park, 2020 (55) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Pham, 2022 (49) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Qi, 2023 (35) | ^^ | ^ | ^^^ | ^^^ | ^^^ | \* |
| Rahman, 2022 (46) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Rahman, 2023 (47) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Raz, 2015 (95) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Raz, 2018 (28) | ^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\* |
| Ren, 2019 (36) | ^ | ^ | ^^ | ^^^ | ^^^ | \* |
| Roberts, 2019 (56) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Santos, 2023 (37) | ^^ | ^ | ^^^ | ^^^ | ^^^ | \* |
| Sentis, 2017 (96) | ^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Shih, 2020 (30) | ^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\* |
| Shin, 2022 (38) | ^ | ^^^ | ^^ | ^^^ | ^^^ | \* |
| Talbott, 2015 (51) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Thygesen, 2020 (58) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |
| Tokuda, 2023 (64) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Volk, 2013 (45) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Wang, 2021 (52) | ^^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\*\* |
| Yu, 2022 (31) | ^^ | ^^^ | ^^ | ^^^ | ^^^ | \*\* |
| Yuchi, 2022 (60) | ^^^ | ^^^ | ^^^ | ^^^ | ^^^ | \*\*\* |

|  |  |  |  |
| --- | --- | --- | --- |
| **Quality Assessment Matrix of Included Studies** | **aWeak** | **bModerate** | **cStrong** |
| Individual Scale Rating | ^ | ^^ | ^^^ |
| **Overall Rating** | **\*** | **\*\*** | **\*\*\*** |
| **Quality assessment ratings: a**Weak (one or more weak individual scale ratings); **b**Moderate (more than one moderate individual scale rating); **c**Strong (no weak or just one moderate individual scale rating). | | | |