

Table S2: Quality Assessment of included studies

| <i>Study</i> | <i>Question / objective sufficiently described?</i> | <i>Study design evident and appropriate?</i> | <i>Method of subject/comparison group selection or source of information/input variables described and appropriate?</i> | <i>Subject (and comparison group, if applicable) characteristics sufficiently described?</i> | <i>If interventional and random allocation was possible, was it described?</i> | <i>If interventional and blinding of investigators was possible, was it reported?</i> | <i>If interventional and blinding of subjects was possible, was it reported?</i> | <i>Outcome and (if applicable) exposure measure(s) well defined and robust to measurement / misclassification bias? Means of assessment reported?</i> | <i>Sample size appropriate?</i> | <i>analytic methods described/justified and appropriate?</i> | <i>Some estimate of variance is reported for the main results?</i> | <i>Controlled for confounding?</i> | <i>Results reported in sufficient detail?</i> | <i>Conclusion supported by results</i> | <i>Summary score (total sum / total possible sum)</i> |
|---------------|---|--|---|--|--|---|--|---|---------------------------------|--|--|------------------------------------|---|--|---|
| Abuerto 2011 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.89 |
| Adamo 2017 | 2 | 2 | 2 | 2 | 1 | 2 | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 0.86 |
| Adkins 2013 | 1 | 2 | 1 | 2 | 1 | 0 | 0 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 0.57 |
| Alderman 2012 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.95 |
| Alhassan 2007 | 2 | 2 | 2 | 1 | 1 | 0 | 0 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 0.68 |
| Alhassan 2012 | 1 | 2 | 2 | 2 | 1 | 0 | 0 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 0.75 |
| Alhassan 2013 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.71 |
| Alhassan 2016 | 2 | 2 | 2 | 2 | 2 | 0 | 0 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.79 |
| Alhassan 2018 | 1 | 2 | 2 | 1 | 1 | 0 | 0 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.71 |
| Aljuhani 2019 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |

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|---------------------|---|---|---|---|-----|-----|-----|---|---|---|---|---|---|---|------|
| Baggett 2010 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| Bin Tan 2018 | 2 | 2 | 1 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.91 |
| Bringolf Isler 2009 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| Brockman 2010 | 1 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 0.82 |
| Brusseau 2011 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.86 |
| Carlson 2017 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.95 |
| Cheung 2019 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.91 |
| Coombes 2016 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.95 |
| Cooper 2003 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 1 | 2 | 1 | 1 | 1 | 2 | 2 | 0.77 |
| Dale 2000 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 0.77 |
| Eyre 2015 | 2 | 2 | 1 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 0.86 |
| Ford 2007 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.95 |
| Fremaux 2011 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 0.82 |
| Frömel 2012 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.95 |
| Gao 2015 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 0.82 |
| Gidlow 2008 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.86 |
| Goodman 2011 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.91 |
| Grasten 2015 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.91 |
| Grasten 2015b | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.91 |
| Groffik 2020 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| Haapala 2016 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 0 | 2 | 2 | 0.86 |
| Hardman 2009 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 0.82 |
| Harrington 2018 | 2 | 2 | 2 | 2 | 2 | 2 | 0 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.89 |
| Herman 2014 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| Jago 2014 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |

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|-------------------|---|---|---|---|-----|-----|-----|---|---|---|---|---|---|---|------|
| Jago 2017 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| Kek 2019 | 2 | 2 | 1 | 2 | n/a | n/a | n/a | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 0.86 |
| Kidokoro 2019 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.91 |
| Kippe 2018 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.91 |
| Kobel 2017 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.91 |
| Koorts 2019 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 0.91 |
| Long 2013 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 0.95 |
| Loucaides 2009 | 1 | 2 | 1 | 1 | 1 | 0 | 0 | 1 | 2 | 2 | 1 | 0 | 1 | 1 | 0.50 |
| Magnusson 2011 | 2 | 2 | 1 | 2 | 1 | 0 | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.79 |
| Mallam 2003 | 1 | 2 | 1 | 1 | n/a | n/a | n/a | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 0.59 |
| Mayorga-Vega 2018 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.91 |
| Meyer 2013 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| Møller 2014 | 2 | 1 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.95 |
| Mooses 2019 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.95 |
| Morgan 2007 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 0.82 |
| Nielsen 2012 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| O'Dwyer 2013 | 1 | 2 | 2 | 2 | 2 | 0 | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 0.79 |
| O'Neill 2016 | 2 | 2 | 1 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 0.77 |
| Owen 2003 | 2 | 2 | 1 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.86 |
| Palmer 2019 | 2 | 2 | 2 | 1 | 2 | 2 | 0 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.86 |
| Pate 2016 | 1 | 2 | 2 | 2 | 1 | 0 | 0 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 0.75 |
| Pelklova 2010 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.95 |
| Pesola 2018 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 0.86 |
| Ribeyre 2000 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 0.91 |

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|-----------------------|---|---|---|---|-----|-----|-----|---|---|---|---|---|---|---|------|
| Ridgers 2014 | 2 | 2 | 1 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.91 |
| Ridgers 2015 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.95 |
| Ridgers 2017 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 0.91 |
| Ridgers 2017b | 1 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 0.91 |
| Rooney 2018 | 2 | 2 | 1 | 1 | n/a | n/a | n/a | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 0.77 |
| Schneller 2017 | 1 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.82 |
| Schneller 2017b | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.91 |
| Sigmund 2014 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.91 |
| Smith 2012 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1.00 |
| Stewart 2017 | 1 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.86 |
| Stylianou 2016 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 0.91 |
| Sutherland 2017 | 2 | 2 | 2 | 1 | 2 | 2 | 0 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 0.86 |
| Toftager 2014 | 2 | 2 | 2 | 2 | 2 | 0 | 0 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 0.82 |
| Trapp 2013 | 1 | 2 | 1 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 0.73 |
| Tudor-Locke 2006 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 0.77 |
| Vale 2011 | 2 | 2 | 2 | 2 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 0.86 |
| Van Cauwenberghe 2013 | 2 | 2 | 2 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 0.82 |
| Wilson 2017 | 2 | 2 | 1 | 1 | n/a | n/a | n/a | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 0.82 |

Mean:
0.86

SD: 0.10

Frequencies

| | | | | | | | | | | | | | | |
|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 2 | 55 | 76 | 63 | 52 | 7 | 4 | 0 | 69 | 70 | 75 | 36 | 44 | 61 | 62 |
| 1 | 22 | 1 | 14 | 25 | 9 | 1 | 1 | 8 | 7 | 2 | 41 | 31 | 16 | 15 |
| 0 | 0 | 0 | 0 | 0 | 0 | 11 | 15 | 0 | 0 | 0 | 0 | 2 | 0 | 0 |
| n/a | 0 | 0 | 0 | 0 | 61 | 61 | 61 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Abbreviation List

n/a not applicable