|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Study and overall quality** | **Population** | **Method of selection of exposure (or comparison) group** | **Outcomes** | **Analyses** | **Summary** |
| Kagamimori et al. (1999) [76]  High | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: NR  Theory: ++  Confounding factors controlled: + | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: NR | Sufficient power: NR  Multiple explanatory variables: +  Appropriate analytical methods: +  Precise associations: ++ | Unbiased results: +  Externally valid results: ++ |
| Sowan & Stember (2000) [62]  High | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: +  Theory: ++  Confounding factors controlled: + | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: + | Sufficient power: NR  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: +  Externally valid results: ++ |
| Hawkins et al. (2008) [55]  High | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: ++  Theory: ++  Confounding factors controlled: ++ | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: ++ | Sufficient power: ++  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: ++  Externally valid results: ++ |
| Speirs et al. (2009) [81]  Low | Well described: +  Represents source population: -  Represents eligible population: - | Selection bias: NR  Theory: -  Confounding factors controlled: - | Reliable outcome measures & procedures: +  Complete outcome measures: -  Important outcomes assessed: +  Follow-up time: NA | Sufficient power: -  Multiple explanatory variables: -  Appropriate analytical methods: +  Precise associations: - | Unbiased results: -  Externally valid results: - |
| Pearce et al. (2010) [59]  High | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: ++  Theory: ++  Confounding factors controlled: ++ | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: ++ | Sufficient power: NR  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: ++  Externally valid results: ++ |
| Watanabe et al. (2011) [65]    High | Well described: +  Represents source population: ++  Represents eligible population: + | Selection bias: NR  Theory: ++  Confounding factors controlled: - | Reliable outcome measures & procedures: +  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: NA | Sufficient power: NA  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: +  Externally valid results: ++ |
| Li, Adab & Cheng (2013) [57]  Medium | Well described: ++  Represents source population: +  Represents eligible population: - | Selection bias: NR  Theory: +  Confounding factors controlled: + | Reliable outcome measures & procedures: +  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: NA | Sufficient power: NR  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: +  Externally valid results: + |
| Pulgarón et al. (2013) [61]  Low | Well described: +  Represents source population: -  Represents eligible population: - | Selection bias: NR  Theory: NR  Confounding factors controlled: NR | Reliable outcome measures & procedures: -  Complete outcome measures: -  Important outcomes assessed: -  Follow-up time: NR | Sufficient power: -  Multiple explanatory variables: -  Appropriate analytical methods: +  Precise associations: + | Unbiased results: -  Externally valid results: - |
| Tanskanen (2013) [63]  High | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: ++  Theory: ++  Confounding factors controlled: ++ | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: ++ | Sufficient power: ++  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: ++  Externally valid results: ++ |
| Wasser et al. (2013) [83]  High | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: NR  Theory: ++  Confounding factors controlled: ++ | Reliable outcome measures & procedures: +  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: + | Sufficient power: ++  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: + | Unbiased results: ++  Externally valid results: ++ |
| Farrow (2014) [87]  Medium | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: NR  Theory: ++  Confounding factors controlled: - | Reliable outcome measures & procedures: +  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: NA | Sufficient power: -  Multiple explanatory variables: +  Appropriate analytical methods: +  Precise associations: ++ | Unbiased results: +  Externally valid results: + |
| Lako (2014) [90]  Low | Well described: -  Represents source population: -  Represents eligible population: - | Selection bias: NR  Theory: -  Confounding factors controlled: - | Reliable outcome measures & procedures: -  Complete outcome measures: -  Important outcomes assessed: -  Follow-up time: NA | Sufficient power: NR  Multiple explanatory variables: -  Appropriate analytical methods: -  Precise associations: - | Unbiased results: -  Externally valid results: - |
| Li et al. (2015) [58]  Medium | Well described: -  Represents source population: -  Represents eligible population: - | Selection bias: -  Theory: -  Confounding factors controlled: + | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: NA | Sufficient power: -  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: +  Externally valid results: - |
| Sata et al. (2015) [66]  Medium | Well described: ++  Represents source population: ++  Represents eligible population: ++ | Selection bias: +  Theory: +  Confounding factors controlled: ++ | Reliable outcome measures & procedures: -  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: ++ | Sufficient power: +  Multiple explanatory variables: +  Appropriate analytical methods: +  Precise associations: ++ | Unbiased results: +  Externally valid results: + |
| Zong et al. (2015) [67]  Medium | Well described: -  Represents source population: +  Represents eligible population: + | Selection bias: +  Theory: -  Confounding factors controlled: + | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: NA | Sufficient power: +  Multiple explanatory variables: +  Appropriate analytical methods: +  Precise associations: ++ | Unbiased results: +  Externally valid results: + |
| Wang & Qi (2016) [52]  Medium | Well described: +  Represents source population: -  Represents eligible population: NR | Selection bias: NR  Theory: +  Confounding factors controlled: + | Reliable outcome measures & procedures: ++  Complete outcome measures: ++  Important outcomes assessed: +  Follow-up time: NA | Sufficient power: -  Multiple explanatory variables: +  Appropriate analytical methods: +  Precise associations: + | Unbiased results: +  Externally valid results: - |
| Ikeda et al. (2017) [68]  Medium | Well described: +  Represents source population: ++  Represents eligible population: ++ | Selection bias: +  Theory: +  Confounding factors controlled: + | Reliable outcome measures & procedures: -  Complete outcome measures: ++  Important outcomes assessed: ++  Follow-up time: NA | Sufficient power: +  Multiple explanatory variables: ++  Appropriate analytical methods: ++  Precise associations: ++ | Unbiased results: +  Externally valid results: + |