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| --- | --- | --- | --- | --- | --- |
| **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: NRTheory: ++Confounding factors controlled: + | Reliable outcome measures & procedures: ++Complete outcome measures: ++Important outcomes assessed: ++Follow-up time: NR | Sufficient power: NRMultiple 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: NRMultiple 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: NRTheory: -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: NRMultiple 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: NRTheory: ++Confounding factors controlled: - | Reliable outcome measures & procedures: +Complete outcome measures: ++Important outcomes assessed: ++Follow-up time: NA | Sufficient power: NAMultiple 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: NRTheory: +Confounding factors controlled: + | Reliable outcome measures & procedures: +Complete outcome measures: ++Important outcomes assessed: ++Follow-up time: NA | Sufficient power: NRMultiple 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: NRTheory: NRConfounding 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: NRTheory: ++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: NRTheory: ++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: NRTheory: -Confounding factors controlled: - | Reliable outcome measures & procedures: -Complete outcome measures: -Important outcomes assessed: -Follow-up time: NA | Sufficient power: NRMultiple 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: NRTheory: +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: + |