

## Supplementary Materials

**Table 1** - Results of the individual components of the quality assessment of the included studies

Author	1° criterion	2° criterion	3° criterion	4° criterion	5° criterion	6° criterion	7° criterion	8° criterion	9° criterion	10° criterion	11° criterion	12° criterion	13° criterion	14° criterion	Overall
Miyauchi et al., 2011	Yes	Yes	No	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	Yes	NA	Fair
Giovanella et al., 2013	Yes	Yes	Yes	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	No	NA	Good
Kelders et al., 2014	Yes	Yes	Yes	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	Yes	NA	Fair
Rössing et al., 2016	Yes	Yes	CD	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	No	NA	Good
Wassermann et al., 2016	Yes	Yes	Yes	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	Yes	NA	Fair
Verburg et al., 2017	Yes	Yes	Yes	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	No	NA	Good
Manohar et al., 2018	Yes	Yes	No	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	No	NA	Fair
Iwasaki et al., 2019	Yes	Yes	Yes	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	No	NA	Good
Zhang et al. 2020	Yes	Yes	Yes	Yes	No	Yes	No	NA	Yes	CD	Yes	CD	No	NA	Fair
Albano et al., 2021	Yes	Yes	Yes	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	No	NA	Good
Araz et al., 2021	Yes	Yes	Yes	Yes	No	Yes	Yes	NA	Yes	CD	Yes	CD	Yes	NA	Fair

Legends: Criteria: 1) Was the research question or objective in this paper clearly stated? 2) Was the study population clearly specified and defined? 3) Was the participation rate of eligible persons at least 50%? 4) Were all the subjects selected or recruited from the same or similar populations (including the same time period)? Were inclusion and exclusion criteria for being in the study prespecified and applied uniformly to all participants? 5) Was a sample size justification, power description, or variance and effect estimates provided? 6) For the analyses in this paper, were the exposure(s) of interest measured prior to the outcome(s) being measured? 7) Was the time frame sufficient so that one could reasonably expect to see an association between exposure and outcome if it existed? 8) For exposures that can vary in amount or level, did the study examine different levels of the exposure as related to the outcome (e.g., categories of exposure, or exposure measured as continuous variable)? 9) Were the exposure measures (independent variables) clearly defined, valid, reliable, and implemented consistently across all study participants? 10) Was the exposure(s) assessed more than once over time? 11) Were the outcome measures (dependent variables) clearly defined, valid, reliable, and implemented consistently across all study participants? 12) Were the outcome assessors blinded to the exposure status of participants? 13) Was loss to follow-up after baseline 20% or less? 14) Were key potential confounding variables measured and adjusted statistically for their impact on the relationship between exposure(s) and outcome(s)? – CD: Cannot Determine – NA: Not Applicable