

**Table S5.** Summary of study appraisal based on JBI appraisal checklist for cohort: Rupp et al.<sup>24)</sup>

	<b>Yes</b>	<b>No</b>	<b>Unclear</b>	<b>NA</b>
1. Were the two groups similar and recruited from the same population?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Were the exposures measured similarly to assign people to both exposed and unexposed groups?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Was the exposure measured in a valid and reliable way?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Were confounding factors identified?	<input type="checkbox"/>	<input type="checkbox"/>	V	<input type="checkbox"/>
5. Were strategies to deal with confounding factors stated?	<input type="checkbox"/>	<input type="checkbox"/>	V	<input type="checkbox"/>
6. Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	V
7. Were the outcomes measured in a valid and reliable way?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Was the follow-up time reported and sufficient to be long enough for outcomes to occur?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Was follow-up complete, and if not, were the reasons to loss to follow-up described and explored?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Were strategies to address incomplete follow-up utilized?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Was appropriate statistical analysis used?	V	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overall appraisal: Include (V), Exclude () or Seek further info ().