

Supplementary Table 1. Risk of bias assessments of the included studies using the ROBINS-I tool

Study	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data to missing data	Bias in measurement of outcomes	Bias in selection of the reported results	Overall bias
Karagöz et al. ⁷ 2002	Low	Low	Low	Low	Low	Low	Low	Low
Milhorat et al. ⁸ 2010	Low	Low	Low	Low	Low	Low	Low	Low
Alperin et al. ⁹ 2014	Low	Low	Low	Low	Low	Low	Low	Low
Aydin et al. ¹⁰ 2005	Moderate	Low	Low	Low	Low	Moderate	Low	Moderate
Urbizu et al. ¹¹ 2014	Low	Low	Low	Low	Low	Low	Low	Low
Krishna et al. ¹² 2016	Low	Low	Low	Low	Critical	Low	Low	Critical
Milhorat et al. ¹³ 2009	Low	Low	Low	Low	Low	Low	Low	Low
Dufton et al. ¹⁴ 2011	Moderate	Low	Low	Low	Low	Low	Low	Moderate
Heiss et al. ¹⁵ 2012	Moderate	Low	Low	Low	Low	Low	Low	Moderate
Houston et al. ¹⁶ 2018	Moderate	Low	Low	Low	Moderate	Low	Low	Moderate
Nair and Rajshekhchar ¹⁷ 2022	Moderate	Low	Low	Low	Low	Moderate	Low	Moderate
Nishikawa et al. ¹⁸ 2022	Low	Low	Low	Low	Low	Low	Low	Low
Wang et al. ¹⁹ 2014	Low	Low	Low	Low	Low	Low	Low	Low
Yan et al. ²⁰ 2016	Low	Low	Low	Low	Low	Low	Low	Low
Yuksel et al. ²¹ 2022	Low	Low	Low	Low	Low	Low	Low	Low
Tubbs et al. ²² 2003	Low	Low	Low	Low	Low	Moderate	Low	Moderate
Besachio et al. ²³ 2015	Moderate	Low	Low	Low	Low	Low	Low	Moderate

ROBINS-I, Risk Of Bias In Non-randomised Studies - of Interventions.