




**Supplementary Figure 2 Risk of Bias Assessment Cohort studies**

| Study                          | Risk of bias domains |    |    |    |    | Overall |
|--------------------------------|----------------------|----|----|----|----|---------|
|                                | D1                   | D2 | D3 | D4 | D5 |         |
| Ottomaneli et al., 2012 & 2014 | -                    | +  | -  | -  | -  | X       |
| Man et al., 2013               | -                    | -  | +  | -  | -  | X       |
| Twamley et al., 2014           | -                    | -  | +  | -  | -  | X       |
| O'Connor et al., 2016          | -                    | -  | +  | -  | X  | X       |
| Tan et al., 2016               | +                    | -  | +  | -  | -  | X       |
| Trexler et al., 2016           | +                    | +  | +  | +  | -  | -       |
| Scheenen et al., 2017          | -                    | -  | -  | -  | -  | X       |
| Vikane et al., 2017            | +                    | +  | +  | +  | -  | -       |
| Radford et al., 2018           | +                    | +  | -  | +  | +  | -       |

**Domains:**

- D1: Bias arising from the randomization process.
- D2: Bias due to deviations from intended intervention.
- D3: Bias due to missing outcome data.
- D4: Bias in measurement of the outcome.
- D5: Bias in selection of the reported result.

**Judgement**

-  High
-  Some concerns
-  Low