

Supplementary Table 1. Quality Assessment: AMSTAR Scores

AMSTAR questions	Authors and dates											Total			
	Clabaugh, and Neuberger (2011)	Forshee, Anderson and Storey (2008)	Gibson (2008)	Harrington (2008)	Kaiser and colleagues (2013)	Malik and colleagues (2006)	Malik and colleagues (2013)	Mattes and colleagues (2010)	Olsen and Heitmann (2009)	Osei-Assibey and colleagues (2012)	Perez-Morales and colleagues (2013)	Vartanian and colleagues (2007)	Woodward-Lopez and colleagues (2010)	N	%
1. Was an "a priori" design provided?	+	+	+	+	+	+	+	+	+	+	+	+	+	13	100
2. Was there duplicate study selection and data extraction?	-	-	-	-	+	-	+	-	-	+	+	-	+	5	38
3. Was a comprehensive literature search performed?	+	+	+	-	+	-	+	+	+	+	-	+	-	9	69
4. Was the status of publication (i.e., gray literature) used as an inclusion criterion?	-	+	-	-	+	-	+	+	-	-	-	+	-	4	31
5. Was a list of studies (included and excluded) provided?	-	-	-	-	+	-	+	+	-	-	+	-	-	4	31
6. Were the characteristics of the included studies provided?	+	+	+	+	+	+	+	+	+	+	+	-	-	11	85
7. Was the scientific quality of the included studies assessed and documented?	+	+	-	-	+	-	+	-	+	+	-	-	+	6	46
8. Was the scientific quality of the included studies used appropriately in formulating conclusions?	+	-	-	-	-	-	+	+	+	+	-	-	+	5	38
9. Were the methods used to combine the findings of studies appropriate?	N/A	+	N/A	N/A	+	N/A	+	+	N/A	N/A	N/A	+	N/A	5	100
10. Was the likelihood of publication bias assessed?	-	+	-	-	+	-	+	-	-	-	-	+	-	4	31
11. Was the conflict of interest included?	-	-	-	-	-	-	-	-	-	-	-	+	-	2	15
AMSTAR score ^a	5	7	3	2	9	2	9	7	4	6	4	6	4		

Maximum AMSTAR score is 11 for meta-analysis and 10 for reviews; (+) when the answer was "yes"; (-) when the answer was "no" or "can't answer."

^aOut of five meta-analyses.

AMSTAR, Assessment of Multiple SysTematic Reviews; N/A, not applicable.