

Supplementary Table 1. Results of the modified from Downs et al. [15] methodological quality assessment

Author	Reporting, item no. ^a										External validity, item no. ^b					Internal validity, item no.					Additional criterion, item no.			Total score					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23		24	25	26	27	28
Baldi et al. (2003) [20]	1	1	1	1	1	1	1	1	0	0	1	0 ^c	1	0	0 ^c	1	1	1	0 ^c	1	0 ^c	1	0 ^c	0 ^c	0 ^c	1	1	1	18
Boudou et al. (2003) [21]	1	1	1	1	1	1	1	0	0	1	1	0 ^c	1	0	0 ^c	1	1	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	0	1	18
Cuff et al. (2003) [19]	1	1	1	1	1	1	1	0	0	0	1	0	1	0	0 ^c	1	1	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	1	1	18
Dunstan et al. (1997) [17]	1	1	1	1	1	1	1	1	1	1	1	1	1	0	0 ^c	1	1	1	1	1	1	0 ^c	1	0 ^c	0 ^c	1	1	1	23
Dunstan et al. (1998) [22]	1	1	1	1	1	1	1	0	1	1	1	0	1	0	0 ^c	1	1	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	0	1	20
Karstoft et al. (2013) [24]	1	1	1	1	1	1	1	0	1	1	1	1	1	0	0 ^c	1	1	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	1	0	20
Ligtenberg et al. (1997) [28]	1	1	1	1	1	1	1	1	0	1	1	1	1	0	0 ^c	1	1	1	1	1	1	0 ^c	1	0 ^c	1	1	1	1	24
Middlebrooke et al. (2006) [29]	1	1	1	1	0	1	1	1	1	1	1	0	1	0	0 ^c	1	0 ^c	1	1	1	1	0 ^c	1	0 ^c	1	1	1	1	21
Mourier et al. (1997) [30]	1	1	1	1	1	1	1	1	1	0	1	0	1	0	0 ^c	1	1	1	1	1	1	0 ^c	1	0 ^c	0 ^c	1	1	1	21
Okada et al. (2010) [23]	1	1	1	1	1	1	1	1	0	1	0	1	0	0	0 ^c	1	0 ^c	1	0 ^c	1	1	0 ^c	1	0 ^c	1	1	0	1	20
Ronnemaa et al. (1986) [31]	1	1	1	1	1	1	1	0	1	0	1	1	1	0	0 ^c	1	0 ^c	1	1	1	1	0 ^c	1	0 ^c	0 ^c	1	0	0	18
Tamura et al. (2005) [18]	1	1	1	1	1	1	1	0	0	1	1	0	1	0	0 ^c	1	1	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	0	0	17
Tan et al. (2012) [25]	1	1	1	1	1	1	1	1	0	1	0	1	0	0	0 ^c	1	1	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	1	1	19
Tessier et al. (2000) [26]	1	1	1	1	1	1	1	0	1	0	1	0	1	0	0 ^c	1	0 ^c	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	1	1	18
Wing et al. (1988) [32]	1	1	1	1	1	1	1	0	0	0	1	0	1	0	0 ^c	1	0 ^c	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	1	0	16
Winnick et al. (2008) [27]	1	1	1	1	1	1	1	0	1	0	1	0	1	0	0 ^c	1	1	1	0 ^c	1	1	0 ^c	1	0 ^c	0 ^c	1	1	1	19

1 = criteria met; 0 = criteria not met.

^aReporting category includes items such as study aims, reported outcomes, patient characteristics, confounders, adverse events, and loss to follow-up. ^bExternal validity includes questions regarding to the study population. ^cBias includes items such as blinding, follow-up and compliance. ^dConfounding includes items such as study selection, randomization, and study power. ^eUnable to determine, scored 0.