

Table S2: Quality assessment of the studies included

| Study | Methods for selecting study participants | Methods for measuring exposure and outcome variables | Design-specific source of bias | Method of control confounding | Statistical methods | Other bias |
|---------------------------|--|--|--------------------------------|-------------------------------|---------------------|------------|
| Anand 2015 | + | - | + | - | - | + |
| Anand 2016 | - | + | - | - | + | + |
| Bauermeister 2015 | + | + | - | + | + | + |
| Brady 2014 | - | - | + | - | - | + |
| Buzdugan 2016 | - | + | - | - | - | + |
| Elliot 2012 | - | - | + | - | - | + |
| Elliot 2016 | - | + | + | - | - | + |
| Horvath 2013 | + | + | + | + | + | + |
| Huang 2015 | - | - | + | - | - | + |
| Hyden 2016 | - | - | + | - | - | + |
| Jones 2015 | - | - | - | + | - | + |
| Ko 2013 | + | + | + | - | + | + |
| Lampkin 2016 | - | - | + | + | - | + |
| Mendizabal-Burastero 2016 | - | - | - | + | - | + |
| Munro 2016 | - | - | + | - | - | + |
| Patel 2016 | + | + | - | + | + | + |
| Rhodes 2011 | - | + | + | + | + | + |
| Rhodes 2016 | - | + | + | + | + | + |
| Roberts 2015 | - | - | + | - | - | + |
| Sun 2015 | + | - | - | - | + | + |
| Tang 2016 | + | + | - | + | + | + |
| Washington 2016 | + | + | + | + | + | + |
| West 2015 | - | - | + | - | - | + |
| Young 2013 | + | + | - | + | - | + |
| Young 2015 | + | + | - | + | + | + |
| Zou 2013 | + | - | + | - | - | + |

Note: (+) means low risk of bias and (-) means high risk of bias.

