

Supplementary Table 5. Quality assessment of included studies with the Newcastle-Ottawa Scale

Study	Selection	Comparability	Outcome	Overall score
Ahmed et al. (2009) ¹⁰	4*	2*	2*	8/9
Delgado-Mederos et al. (2008) ¹¹	4*	2*	2*	8/9
Endo et al. (2013) ¹²	4*	2*	2*	8/9
Huang et al. (2013) ¹³	4*	2*	2*	8/9
Idicula et al. (2008) ¹⁴	4*	2*	2*	8/9
Kellert et al. (2012) ¹⁵	4*	2*	2*	8/9
Kellert et al. (2017) ¹⁶	4*	2*	2*	8/9
Lindsberg et al. (2003) ¹⁷	4*	2*	3*	9/9
Liu et al. (2016) ¹⁸	4*	2*	2*	8/9
Martins et al. (2016) ¹⁹	4*	2*	2*	8/9
Menon et al. (2012) ²⁰	4*	2*	2*	8/9
Molina et al. (2004) ²¹	4*	2*	3*	9/9
Molina et al. (2009) ²²	4*	2*	3*	9/9
Rusanen et al. (2015) ²³	4*	2*	2*	8/9
Saqqur et al. (2008) ²⁴	4*	2*	3*	9/9
Tomii et al. (2011) ²⁵	4*	2*	2*	8/9
Toni et al. (2012) ²⁶	4*	2*	2*	8/9
Tsivgoulis et al. (2007) ²⁷	4*	2*	3*	9/9
Tsivgoulis et al. (2009) ²⁸	4*	2*	2*	8/9
Wahlgren et al. (2008) ²⁹	4*	2*	2*	8/9
Waltimo et al. (2016) ³⁰	4*	2*	3*	9/9
Wu et al. (2017) ³¹	4*	2*	2*	8/9
Wu et al. (2016) ³²	4*	2*	2*	8/9
Yan et al. (2015) ³³	4*	2*	2*	8/9
Yong et al. (2005) ³⁴	4*	2*	2*	8/9
Yong et al. (2008) ³⁵	4*	2*	2*	8/9
Overall score	104/104	52/52	58/78	214/234