

Table S1. Quality scores of studies using Newcastle-Ottawa Scale.

Study	Selection				Comparability		Outcome		Overall score
	Representativeness of the cohort	Selection of the control	Ascertainment of intervention	Demonstration that outcomes was not present at start of study	Comparability on the basis of the design or analysis	Assessment of outcome	Adequate follow-up duration	Adequate follow-up rate	
Hirasaki [28]	0	1	1	1	1	1	1	0	6
Hoteya [29]	0	0	1	1	1	1	0	1	5
Oda [16]	1	1	1	1	1	1	1	0	7
Min [30]	1	0	1	1	1	1	1	0	6
Catalano [31]	0	1	1	1	1	1	1	0	6
Yokoi [32]	0	0	1	1	1	1	1	0	5
Hoteya [33]	1	0	1	1	1	1	0	1	6
Oka [17]	1	0	1	1	1	1	1	0	6
Watanabe [34]	1	0	0	1	1	1	1	0	5
Shimura [35]	1	1	1	1	1	1	0	1	7
Nakamoto [36]	1	0	0	1	1	1	1	1	6

Choi [37]	0	1	1	1	1	1	0	0	5
Ahn [38]	1	1	1	1	1	1	1	0	7
Kim [39]	0	1	1	1	1	1	0	0	5
Oka [40]	1	0	1	1	1	1	1	0	6
Pimentel-Nunes [41]	1	0	1	1	1	1	1	0	6
Tanabe [42]	1	0	1	1	1	1	1	0	6
Watanabe [43]	1	0	1	1	1	1	0	0	5
