Table S1. Newcastle - Ottawa Quality Assessment Scale (adapted for cross sectional studies).

	Horikawa et al. 2001	Perry et al. 2001	Osawa et.al.2003	Ditchburn et al. 2006	Koh et al. 2009	Gaspard et.al.2009	Treakle et.al.2009	McGovern et al. 2010	Uneke et.al 2010	Winner-Well et.al..2011	Banu et al. 2012	Bearman et al. 2012	Morgan et.al. 2012	Munoz-Prize et.al.2012	Roghmann et.al. 2015	Williams et al. 2015	Abu Rawan & Ahmad. 2017	Pineless et.al. 2017	Batista et al. 2019	jackson et al. 2019	Kanwar et al. 2019
1) Representativeness of the sample: a) Truly representative of the average in the target population. * (all subjects or random sampling) b) Somewhat representative of the average in the target population. * (non-random sampling) c) Selected group of users. d) No description of the sampling strategy.	*	*	*	*	*	*	*	*	*	*	*		*	*		*	*		*			*
2) Sample size: a) Justified and satisfactory. * b) Not justified.			*			*	*	*	*	*			*	*	*	*	*	*	*	*		
3) Non-respondents: a) Comparability between respondents and non-respondents' characteristics is established, and the response rate is satisfactory. * b) The response rate is unsatisfactory, or the comparability between respondents and non-respondents is unsatisfactory. c) No description of the response rate or the characteristics of the responders and the non-responders.										*			*	*			*					
4)Ascertainment of the exposure (risk factor): a) Validated measurement tool. ** b) Non-validated measurement tool, but the tool is available or described.* c) No description of the measurement tool .	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
5)Comparability: (Maximum 2 stars)																						

1) The subjects in different outcome groups are comparable, based on the study design or analysis. Confounding factors are controlled. a) The study controls for the most important factor (select one). * b) The study control for any additional factor. *	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
	*	*	*			*	*		*			*	*	*	*	*		*		*	*
6)**Outcome:** (Maximum 3 stars)																					
1) Assessment of the outcome: a) Independent blind assessment. ** b) Record linkage. ** c) Self report. * d) No description.	**	**	**		**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**
2) Statistical test: a) The statistical test used to analyze the data is clearly described and appropriate, and the measurement of the association is presented, including confidence intervals and the probability level (p value). * b) The statistical test is not appropriate, not described or incomplete.				**												*					
					*	*	*	*	*	*		*	*	*	*		*	*	*	*	

Table S2. Risk-of-bias for each included randomized controlled trial.

(+) Low risk of bias; (?) unclear risk of bias; (–) high risk of bias

	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Burden et al. (2011)	+	+	+	+	+	+
Anderson et al. (2017)	+	+	+	+	+	+

Risk-of-bias graph: judgement by review authors in each risk of bias category presented as percentage of all included studies