

Supplementary Table 1.**Cochrane risk of bias assessment for randomized control trials**

Author, Year	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other bias
Goharani et al, 2019	Low Risk	Low Risk	High Risk	Unclear Risk	High Risk	Low Risk	Low Risk
Hostler et al, 2011	Unclear Risk	Unclear Risk	High Risk	Unclear Risk	Low Risk	Low Risk	Low Risk
Vahedian-Azimi et al, 2020	Low Risk	Low Risk	High Risk	Unclear Risk	High Risk	Low Risk	Low Risk

Supplementary Table 2

Newcastle-Ottawa scale for evaluating the quality of cohort studies (Cohort studies)

Author, Year	Representative exposed cohort	Selection of the non-exposed cohort	Ascertainment of exposure	Demonstration that outcome of interest was not present at start of study	Comparability of cohorts on the basis of the design or analysis	Assessment of outcome	Follow-up long enough for outcomes to occur	Adequacy of follow up of cohorts
Bobrow et al, 2013	*	*	*	*	*		*	*
Couper et al, 2015	*	*	*	*			*	*
Crowe et al, 2015	*	*	*	*				
Kramer-Johansen et al, 2006	*	*	*	*	*			
Lakomek et al, 2020	*	*	*	*	*			
Sainio et al, 2013	*	*	*	*			*	*

*The star indicates this study got one score for that category

Supplementary Table 2**Newcastle-Ottawa scale for evaluating the quality of case-control studies (cross-sectional studies)**

Author, Year	Adequate definition of cases	Representativeness of cases	Selection of control subjects	Definition of control subjects	Control for important factor or additional factor	Exposure assessment	Same method of ascertainment for all subjects	Non-response rate
Abella et al, 2007	*	*	*	*		*	*	*

*The star indicates this study got one score for that category