

Supplementary Table 4: Quality Assessment of the included studies, based on the QATQS

First Author	Selection Bias	Design	Confounders	Blinding	Data Collection Method	Withdrawals and Drop-out	Global Rating
Bond et al, 2021	Strong	Moderate	Weak	Moderate	Strong	Weak	Weak
Dimoff et al, 2016	Weak	Strong	Strong	Strong	Strong	Moderate	Moderate
Dobson et al, 2019	Moderate	Moderate	Weak	Moderate	Strong	Strong	Moderate
Dobson et al, 2021	Moderate	Moderate	Weak	Strong	Strong	Strong	Moderate
Eiroa-Orosa et al, 2021	Moderate	Strong	Weak	Strong	Strong	Moderate	Moderate
Griffith et al, 2016	Weak	Strong	Strong	Strong	Strong	Moderate	Moderate
Hamann et al, 2016	Moderate	Moderate	Weak	Moderate	Strong	Strong	Moderate
Hanisch et al, 2017	Strong	Moderate	Weak	Moderate	Strong	Strong	Moderate
Kristman et al, 2019	Weak	Moderate	Weak	Moderate	Weak	Moderate	Weak
Kubo et al, 2018	Strong	Moderate	Weak	Weak	Strong	Strong	Weak
Moffitt et al, 2014	Moderate	Strong	Strong	Strong	Weak	Strong	Moderate
Moll et al, 2018	Moderate	Strong	Strong	Strong	Strong	Moderate	Strong
Paterson et al, 2021	Weak	Moderate	Weak	Strong	Strong	Weak	Weak
Quinn et al, 2011	Moderate	Moderate	Weak	Weak	Moderate	Strong	Weak
Reavley et al, 2018	Strong	Strong	Strong	Strong	Strong	Weak	Moderate
Shann et al, 2018	Weak	Strong	Strong	Strong	Moderate	Moderate	Moderate
Svensson and Hansson, 2014	Moderate	Strong	Strong	Strong	Strong	Moderate	Strong
Szető et al, 2019	Strong	Moderate	Weak	Moderate	Strong	Strong	Moderate

Tynan et al, 2018	Strong	Moderate	Strong	Strong	Weak	Moderate	Moderate
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