

Supplementary Table 1. Joanna Briggs Institute risk of bias quality assessment for cohort studies

Study	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Risk
Andrzejowski et al. [9]	Unclear	Not available	Yes	Unclear	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Beaven et al. [10]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low
Balakumar et al. [11]	No	Not available	Yes	No	Unclear	No	Unclear	Yes	Yes	Yes	Yes	High
Clement et al. [12]	No	Not available	Yes	Yes	Unclear	No	Yes	Yes	Yes	Yes	Yes	Moderate
Dallari et al. [13]	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low
Egol et al. [14]	No	Yes	Yes	Yes	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Low
Fisher et al. [15]	No	Not available	Yes	No	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Moderate
Hall et al. [16]	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
LeBrun et al. [17]	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low
Lim et al. [18]	No	Unclear	Yes	Unclear	No	Yes	Yes	Yes	Yes	Yes	Yes	Moderate
Pass et al. [19]	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Sobti et al. [20]	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Low
Thakrar et al. [21]	No	Unclear	Yes	No	Not available	Yes	Yes	Yes	Yes	Yes	Yes	Moderate
Wright et al. [22]	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low
Zajonz et al. [23]	Yes	Yes	Yes	No	Not available	Yes	Yes	Yes	Yes	Yes	Yes	Low

The questions are as follows: (1) “Were the two groups similar and recruited from the same population,” (2) “Were the exposures measured similarly to assign people to both exposed and unexposed groups,” (3) “Was the exposure measured in a valid and reliable way,” (4) “Were confounding factors identified,” (5) “Were strategies to deal with confounding factors stated,” (6) “Were the groups or participants free of the outcome at the start of the study (or at the moment of exposure),” (7) “Were the outcomes measured in a valid and reliable way,” (8) “Was the follow up time reported and sufficient to be long enough for outcomes to occur,” (9) “Was follow-up complete, and if not, were the reasons to loss to follow up described and explored,” (10) “Were strategies to address incomplete follow up utilized,” and (11) “Was appropriate statistical analysis used?”