

### Supplement 1 – quality assessment of included studies

Study	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Quality
<b>Bello et al, 2017 (7)</b> <sup>1</sup>	Y	Y	Y	Y	Y	Y	Y	NA	Y	N	Y	Y	Y	Y	Good
<b>Motegi et al, 2016 (10)</b> <sup>2</sup>	Y	Y	NR	N	Y	Y	Y	Y	Y						Fair
<b>Motegi et al, 2017 (8)</b> <sup>1</sup>	Y	Y	Y	N	N	Y	Y	Y	Y	N	Y	N	Y	Y	Fair
<b>Serri et al, 2013 (11)</b> <sup>2</sup>	Y	N	Y	N	Y	Y	N	Y	Y						Poor
<b>Uppal et al, 2014 (9)</b> <sup>3</sup>	Y	Y	N	N	N	Y	N	N	Y	Y	N	N			Poor

1 - *Quality Assessment of Controlled Intervention Studies*, adapted from the National Institute of Health (NIH)

2 - *Quality Assessment Tool for Case Series Studies*, adapted from the NIH

3 - *Quality Assessment of Case-Control Studies*, adapted from the NIH

Q - question; Y - yes; N - no; NA - not applicable; NR - not reported.

Assessment tools available from: URL: <https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools>.