

Supplement 1 – quality assessment of included studies

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