**Supplementary File A:** Critical Appraisals assessing study quality and risk of bias

**JBI – Critical Appraisal Tool for Cross Sectional Analyses**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Inclusion criteria | Subjects & setting | Exposure Measurement | Measurement criteria | Confounding factors identified | Confounding strategies | Outcome Measurement | Statistical Analysis |
| Clinton McHarg 2018 | Y | Y | Y | Y | Y | Y | Y | Y |
| Carter 1999 | Y | Y | Y | Y | U | N | Y | Y |
| Haynes 2021 | Y | Y | Y | Y | Y | Y | Y | Y |
| Myers 2019 | Y | Y | Y | Y | U | N | Y | Y |
| Reilly 2018 | Y | Y | Y | Y | Y | Y | Y | Y |
| Reilly 2021 | Y | Y | Y | Y | U | N | Y | Y |
| Pillay 2023 | Y | Y | Y | Y | U | N | Y | Y |
| Silva-Sangiorski 2011 | Y | Y | Y | Y | Y | Y | Y | Y |
| Woods 2014 | Y | Y | Y | Y | U | N | Y | Y |
| Yoong 2015 | Y | Y | Y | Y | Y | Y | Y | Y |
| Hill 2023 | Y | Y | Y | Y | Y | Y | Y | Y |
| Leonard 2021 | Y | Y | Y | Y | Y | Y | Y | Y |
| Smith 2019 | Y | Y | Y | Y | U | N | Y | Y |

Abbreviations: Y, yes; N, no; U, unclear.

**JBI – Critical Appraisal Tool for RCTs**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Randomisation | Allocation Concealment | Baseline Comparability | Participant Blinding | Treatment Blinding | Identical Treatment | Assessment Blinding | Outcome Measure | Measure reliability | Follow up | Controlled Groups | Statistical Analysis | Trial Design |
| Nathan 2016 | Y | Y | Y | N | N | Y | Y | Y | Y | Y | Y | Y | Y |
| Wolfenden 2017 | Y | Y | Y | N | N | Y | Y | Y | Y | Y | Y | Y | Y |
| Yoong 2016 | Y | Y | Y | N | N | Y | Y | Y | Y | Y | Y | Y | Y |
| Delaney 2023 | Y | Y | Y | U | N | Y | Y | Y | Y | Y | Y | Y | Y |
| Delaney 2022 | Y | Y | Y | U | N | Y | Y | Y | Y | Y | Y | Y | Y |
| Sutherland 2022 | Y | Y | Y | N | N | Y | N | Y | Y | U | Y | Y | Y |
| Wyse 2021 | Y | Y | Y | N | N | Y | U | Y | Y | Y | Y | Y | Y |
| Delaney 2017 | Y | Y | Y | N | N | Y | Y | Y | Y | Y | Y | Y | Y |

Abbreviations: Y, yes; N, no; U, unclear.

**JBI – Critical Appraisal Tool for Cohort Studies**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Group Similarity | Exposure Measurement | Validity and reliability of exposure | Confounding factors | Confounding strategies | Baseline | Outcome measurement | Follow up time | Follow up complete | Follow up strategies | Statistical Analysis |
| Hill 2015 | Y | U | Y | Y | N | U | Y | Y | N | U | Y |

Abbreviations: Y, yes; N, no; U, unclear.