**Supplementary Material II.** *Quality assessment of all studies included in the review*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Selection Bias | Study Design | Confounders | Blinding | Data Collection | Withdrawals | Final Rating |
| Bonomi et al., 2013 [1] | weak | moderate | strong | moderate | strong | strong | moderate |
| Brehm et al., 2005 [2] | weak | strong | strong | moderate | strong | strong | moderate |
| Church et al., 2009 [3] | moderate | strong | strong | moderate | strong | strong | strong |
| Colley et al., 2010 [4] | weak | moderate | weak | not applicable | strong | strong | weak |
| de Groot et al., 1990 [5] | weak | moderate | moderate | not applicable | strong | moderate | moderate |
| De Lany et al., 2014 [6] | moderate | strong | strong | moderate | strong | strong | strong |
| Di Blasio et al., 2012 [7] | weak | moderate | moderate | moderate | strong | strong | moderate |
| Goran et al., 1992 [8] | weak | moderate | moderate | not applicable | strong | strong | moderate |
| Herrmann et al., 2015 [9] | weak | strong | strong | moderate | strong | moderate | moderate |
| Hollowell et al., 2009 [10] | weak | strong | strong | moderate | strong | weak | weak |
| Hunter et al., 2000 [11] | weak | moderate | moderate | not applicable | strong | strong | moderate |
| Kempen et al., 1995 [12] | weak | strong | strong | moderate | strong | strong | moderate |
| Keytel et al., 2001 [13] | weak | strong | weak | moderate | strong | strong | weak |
| Kozey-Keadle et al., 2014 [14] | moderate | strong | strong | moderate | strong | strong | moderate |
| Leibel et al., 1995 [15] | weak | moderate | weak | not applicable | strong | strong | weak |
| Martin et al., 2007 [16] | weak | strong | strong | moderate | strong | strong | moderate |
| Martin et al., 2011 [17] | weak | strong | moderate | moderate | strong | strong | moderate |
| Matsuo et al., 2007 [18] | weak | moderate | weak | not applicable | strong | strong | weak |
| McLaughlin et al., 2006 [19] | weak | strong | weak | moderate | strong | strong | weak |
| Meijer et al., 1991 [20] | weak | moderate | moderate | not applicable | strong | strong | moderate |
| Meijer et al., 1999 [21] | weak | strong | strong | moderate | strong | strong | moderate |
| Meijer et al., 2000 [22] | weak | strong | strong | moderate | strong | strong | moderate |
| Nicklas et al., 2014 [23] | weak | strong | strong | moderate | strong | strong | moderate |
| Racette et al., 1995 [24] | weak | strong | strong | moderate | strong | strong | moderate |
| Rangan et al., 2011 [25] | weak | strong | strong | moderate | strong | weak | weak |
| Redman et al., 2009 [26] | weak | strong | strong | moderate | strong | strong | moderate |
| Rosenkilde et al., 2012 [27] | weak | strong | strong | strong | strong | strong | moderate |
| Schutz et al., 2014 [28] | weak | strong | moderate | moderate | strong | weak | weak |
| Turner et al., 2010 [29] | weak | strong | weak | moderate | strong | weak | weak |
| Van Dale et al., 1989 [30] | weak | strong | strong | moderate | strong | strong | moderate |
| Van Etten et al., 1997 [31] | weak | strong | strong | moderate | strong | strong | moderate |
| Wang et al., 2008 [32] | weak | strong | strong | moderate | strong | strong | moderate |
| Weigle et al., 1988 [33] | weak | strong | strong | moderate | strong | strong | moderate |
| Weinsier et al., 2000 [34] | weak | moderate | strong | moderate | strong | moderate | moderate |
| Whybrow et al., 2008 [35] | weak | strong | weak | moderate | strong | strong | weak |
| Willis et al., 2014 [36] | weak | strong | strong | moderate | strong | moderate | moderate |

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