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| **Supplementary Table 1- Quality assessment of the included studies in this meta-analysis** | | | | | | |
| **Study** | **Study year** | **Selection** | **Comparability** | **Outcome** | **Overall score** | **Grade\*** |
| Arvidsson et al. (78) | 2005 | \*\*\*\* | \*\* | \*\*\* | 9 | high |
| Barnard et al. (76) | 2002 | \*\* | \*\* | \*\*\* | 7 | high |
| Besson et al. (66) | 2010 | \*\*\*\*\* | \*\* | \*\*\* | 10 | high |
| Erika Bonn1 et al. (100) | 2012 | \*\* | \* | \*\* | 5 | median |
| Bonnefoy et al. (35) | 2001 | \*\*\*\* | \*\* | \*\*\* | 9 | high |
| Conway et al. (36) | 2002 | \*\* | \*\* | \*\*\* | 7 | high |
| Conway et al. (63) | 2002 | \*\* | \*\* | \*\*\* | 7 | high |
| Csizmadi et al. (79) | 2014 | \*\*\*\*\* | \* | \*\* | 8 | high |
| Foley et al. (67) | 2012 | \*\*\*\*\* | \*\* | \*\*\* | 10 | high |
| Fuller et al. (80) | 2008 | \*\*\*\*\* | \*\* | \*\*\* | 10 | high |
| Mahabir et al. (37) | 2006 | \*\* | \*\* | \*\*\* | 7 | high |
| Mâsse et al. (81) | 2012 | \*\*\* | \*\* | \*\*\* | 8 | High |
| Racette et al. (39) | 1994 | \*\*\* | \*\* | \*\*\* | 8 | high |
| Marrero et al. (68) | 2004 | \*\*\*\* | \*\* | \*\*\* | 9 | high |
| SLINDE et al. (69) | 2003 | \*\*\*\*\* | \*\* | \*\*\* | 10 | high |
| STATEN et al. (82) | 2001 | \*\*\*\* | \*\* | \*\*\* | 9 | high |
| Sridharan et al. (64) | 2015 | \*\*\*\*\* | \*\* | \*\*\* | 10 | high |
| Tanhoffer et al. (83) | 2012 | \*\*\*\* | \*\* | \*\*\* | 9 | high |
| Walsh et al. (42) | 2004 | \*\*\* | \*\* | \*\*\* | 8 | high |
| Washburn et al. (84) | 2003 | \*\*\* | \*\* | \*\*\* | 8 | high |
| Corder et al. (92) | 2010 | \*\* | \*\* | \*\*\* | 7 | high |
| Skaribas et al. (93) | 2009 | \*\* | \*\* | \*\*\* | 7 | high |
| Johansson et al. (94) | 2008 | \* | \*\* | \*\* | 5 | median |
| Liu et al. (95) | 2001 | \*\* | \* | \* | 4 | median |
| Lof et al. (91) | 2003 | \*\*\* | \*\* | \*\*\* | 8 | high |
| Neuhouser et al. (96) | 2013 | \*\*\*\*\* | \*\* | \* | 8 | high |
| Starling et al. (85) | 1999 | \*\*\*\* | \*\* | \*\*\* | 9 | high |
| Hagfors et al. (90) | 2005 | \* | \*\* | \*\*\* | 6 | median |
| Irwin et al. (89) | 2001 | \*\* | \*\* | \*\* | 6 | median |
| Leenders et al. (88) | 2001 | \*\* | \*\* | \*\*\* | 7 | high |
| Paul et al. (47) | 2005 | \*\* | \*\* | \*\*\* | 7 | high |
| Philippaerts et al. (87) | 1999 | \*\*\*\* | \*\* | \*\*\* | 9 | high |
| Rothenberg et al. (30) | 1998 | \*\* | \* | \*\* | 5 | median |
| Seale et al. (86) | 2002 | \*\*\* | \*\* | \*\*\* | 8 | high |
| Starling et al. (85) | 1999 | \*\*\*\*\* | \*\* | \*\*\* | 10 | high |
| Ishikawa et al, (70) | 2010 | \*\*\*\*\* | \*\* | \*\*\* | 10 | high |
| Colbert et al, (97) | 2011 | \*\*\* | \* | \*\* | 6 | median |
| Lof et al, (2002) (98) | 2002 | \*\*\* | \*\* | \*\* | 7 | high |
| Pietila¨inen et al, (99) | 2010 | \*\* | \* | \*\* | 5 | median |
| \*Grade was categorized as low, median and high when overall quality score ranged from 1 to 3, 4 to 6, and 7 to 10, respectively. | | | | | | |