Supplementary Table 2- Quality Assessment Criteria

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| **Level** | **Factor** | **Definition Factor** | |  |
| **HIGH\*** | Objective | a-priori, clear & specific hypotheses stated (population, exposure, outcome identified) | |
| Design | Identified study design (case-control, cohort, cross-sectional) | |
| Sampling | a-priori power analysis reported OR clear inclusion, exclusion criteria reported | |
| Participant | Reports characteristics of study participants AND information on exposures and potential confounder AND Explains non-participation at each stage. | |
| Control | Confounders controlled, control comparison used, equivalent groups, equivalent attrition and diversion between groups.  Cross sectional: Clear description of matching methods, criteria | |
| Methods | Description permits replication - design, setting (location, dates, recruitment, exposure, follow-up, collection) | |
| Data | Attrition <10% OR use of intent to treat analysis OR provides adjusted analysis of missing data (stratification or multivariate regression)  Reports unadjusted estimates AND confounder-adjusted estimates & 95% CI.  Reports statistical methodology (reports added analysis on subgroups, interactions) | |
| Measures | Use of reliable and validated outcome measurement tool,  Report on the validity and reliability of these measures | |
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| **MOD** | Objective | Specific hypotheses stated (population, exposure, outcome identified) | |
| Design | Only addressed as prospective, retrospective BUT CLEAR explanation of how, when data collection took place | |
| Sampling | Sampling Major details described. | |
| Participants | Sampling method clear for population group selection. | |
| Control | Non equivalent groups OR unequal attention and division in comparison condition. Matching method unclear – minimal explanation of rational for choice of matching variables | |
| Methods | Major Details described  Specific dates of collection not mentioned only reports length of time | |
| Data | Attrition 11 - 20% OR analysis of rates and group equivalency – Heterogeneity of sample reported | |
| Measures | Use of reliable and validated outcome measurement tool  NO report of calculated reliability and validity data | |
|  |  | |
| Objective | Unclear objective – failed to identify population, exposure outcome | |
| **LOW** | Design | Not reported OR only addressed as prospective, retrospective design with NO explanation of how, when data collection took place | |
| Sampling | no explanation, small convenience sample | |
| Participants | No explanation recruitment, population selection. | |
| Control | No attempt made to control relevant confounders.  No matching criteria explained or used for case-control study | |
| Methods | Methods: inadequate description, not replicable | |
| Data | Attrition >20%, or not analysed, or not reported | |
|  | Measures | Non validation measures used for data collection | |
| **Adapted from STROBE guidelines, JHNEBP guidelines** | | |  |

\* Only studies rated as high quality were included in the meta-analysis