**Supplementary Table 3.** The Joanna Briggs Institute critical appraisal checklist.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Were the criteria for inclusion clearly defined?** | **Were the subjects and the setting described in detail?** | **Was the exposure measured in a valid and reliable way?** | **Were objective, standard criteria used for measurement of the condition?** | **Were confounding factors identified?** | **Were strategies to deal with confounding factors stated?** | **Were the outcomes measured in a valid and reliable way?** | **Was appropriate statistical analysis used?** | **Risk of bias** |
| Pow EM [1] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Andersson A [2] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Yoneda T [3] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Kai S [4] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Seemungal TAR [5] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Abdallah GM [6] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Fimognari FL [7] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Kahn NA [8] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Ruzsics I [9] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Zinellu A [10] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Aydin M [11] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Costanzo L [12] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Urban MH [13] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Lin CH [14] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Moayyedkazemi A [15] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Telo S [16] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Csoma B [17] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Kuo WK [18] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |
| Wei B [19] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Yu T [20] | Yes | Yes | Yes | Yes | No | No | Yes | Yes | Low |
| Zinellu [21] | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Low |

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