

**Supplementary Table S1: Quality assessment ratings using BestBETS assessment checklist for cohort healthcare research.**

Author (year)	Methodological quality																				Statistical analysis				Interpretation and discussion				Overall quality									
	1. Objectives and design					2. Subjects					3. Interventions and comparisons					4. Outcomes and analysis					5. Interpretation		6. Discussion		7. Overall quality													
	1.1	1.2	1.3	1.4	1.5	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	2.10	3.1	3.2	3.3	3.4	3.5	4.1	4.2	4.3	4.4	4.5	5.1	5.2	5.3	6.1	6.2	7.1	7.2	7.3	8.1	8.2	8.3	TOTAL score	
Beinotti et al. (2013)	2	2	2	2	1	2	2	2	2	2	0	2	2	2	2	2	2	2	2	2	2	2	2	2	0	2	2	1	2	2	1	2b	2	2	1	1	53	
Chun et al. (2017)	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	2	2	2	2	0	2	2	2	2	2	2	2b	2	2	1	1	57
Jia et al. (2016)	2	2	2	2	1	1	2	2	2	0	2	2	2	2	2	2	1	1	2	1	0	0	2	2	0	2	2	2	2	2	2	2b	2	2	1	1	49	
Song et al. (2015)	2	2	2	2	1	2	2	2	2	0	2	2	2	2	2	2	1	2	0	1	0	0	2	2	0	2	2	1	2	2	1	2b	2	2	1	1	47	
Li et al. (2016)	2	2	2	2	1	2	2	2	1	N/A	2	2	2	2	2	2	1	2	N/A	2	2	0	2	2	0	2	2	1	2	2	1	3b	1	2	1	1	48	
Ochiai et al. (2015)	2	2	2	2	1	2	2	2	1	N/A	2	2	2	2	2	2	1	2	N/A	1	1	0	2	2	0	2	2	1	2	2	2	3b	2	2	1	1	48	
Song et al. (2017)	2	2	2	2	1	2	2	2	2	0	2	2	2	2	2	2	1	1	N/A	1	2	0	2	2	0	2	2	1	2	2	2	2b	2	2	1	1	49	
Sung et al. (2012)	2	2	2	2	2	2	2	2	1	N/A	2	2	2	2	2	2	1	2	2	1	2	0	2	2	0	2	2	1	2	2	2	2b	2	2	1	1	52	
Wu et al. (2020)	2	2	2	2	2	2	2	2	2	0	2	2	2	2	2	2	1	2	2	1	1	0	2	2	0	2	2	1	2	2	2	2b	2	2	1	1	52	
Mao et al. (2012)	2	2	2	2	1	2	2	2	2	0	2	2	2	2	2	2	1	1	2	1	1	0	2	2	0	2	2	1	2	2	2	2b	2	2	1	1	50	
Mao et al. (2017)	2	2	2	2	2	2	2	2	2	0	2	2	2	2	2	2	1	1	2	1	1	0	2	2	0	2	2	1	2	2	2	2b	2	2	1	1	51	
Wichrowski et al. (2005)	2	2	2	2	2	2	2	0	1	N/A	2	2	2	2	2	2	1	2	2	1	1	0	2	2	0	2	2	1	2	2	2	2b	2	2	1	1	49	
0		Not reported		1		Reported but inadequate		2		Reported and adequate																												

0 Not reported      1 Reported but inadequate      2 Reported and adequate