

Table S3. *Quality of Evidence - Modified version of the Grading of Recommendations Assessment, Development, and Evaluation criteria*

Quality assessment									
Factor meta-analysis	Downgraded						Upgraded		Overall
	Phase of investigation ¹	Study limitations ²	Inconsistency ³	Indirectness ⁴	Imprecision ⁵	Publication bias ⁶	Effect size ⁷	Exposure-response gradient	
Sex	↓					↓#			Low
Age	↓					↓#			Low
Body mass index	↓					↓#			Low
Physical activity	↓		↓	↓		↓#			Very Low
Subgroup analysis – physical activity	↓					↓#			Low
Professional activity	↓					↓#			Low
Comorbidities	↓		↓			↓#			Very Low
Pain intensity	↓					↓#	↑		Moderate
Depression	↓					↓#	↑		Moderate
Anxiety	↓					↓#	↑		Moderate

¹ Cross-sectional studies

² > 25% of the participants from studies with high risk of bias

³ Heterogeneity was based on similarity of point estimates, extent of overlap of confidence intervals, and I² test (> 50%).

⁴ Indirectness: > 25% of results from that failure to apply appropriate eligibility criteria and had poor measurement of both exposure and outcome.

⁵ Fewer than 400 participants in the pooling

⁶ Funnel plot and Egger's test

⁷ Odds ratio > 2.5

↑ Upgraded

↓ Downgraded

Unclear: Unable to assess publication bias (< 10 studies)