

Supplementary Table S1. Newcastle-Ottawa Scale for assessing quality of interventional cohort studies.

Author	Year	Selection of study groups				Comparability		Outcome		Total quality scores
		Representativeness of exposed cohort	Selection of non-exposed cohort	Exposure assessment	Outcome of interest not present at start of study	Comparability of cohorts	Outcome assessment	Adequacy of length of time before follow-up	Adequacy of follow-up of cohorts	
Irani, M	2014	★	★	★	★	★★	★	★	★	9
Cappy, H	2016	★	★		★	★★	★	★	★	8
Dennis, NA	2017	★	★	★	★	★★	★		★	8
Naderi, Z	2018	★	★	★	★	★★	★	★	★	9
Dastorani, M	2018	★	★	★	★	★★	★	★	★	9

^a A study can be awarded a maximum of one star for each numbered item except for the item, “Comparability of cohorts”. ^b A maximum of two stars can be awarded for “Comparability of cohorts”.