S1 Table. Risk of bias assessment summary: review authors' judgements about each methodological quality item for each study included in this review, using the JBI Critical Appraisal Checklist for Analytical Cross-Sectional Studies (2017) [29].

Item	Barton, UK, 2017 [31]	Bressa, Spain, 2017 [32]	Clarke, USA, 2014 [33]	Gallè, Italy, 2020 [35]	Han, China, 2020 [36]	Jang, South Korea, 2019 [37]	Manor, USA, 2020 [38]	Scheiman, USA, 2019 [39]
1. Were the criteria for inclusion in the sample clearly defined?	Y	Y	Y	Y	Y	Y	Y	Y
2. Were the study subjects and the setting described in detail?	Y	Y	Y	Y	Y	Y	Y	Y
3. Was the exposure measured in a valid and reliable way?	Y	Y	Y	Y	Y	Y	Y	Y
4. Were objective, standard criteria used for measurement of the condition?	Y	Y	Y	Y	Y	Y	Y	Y
5. Were confounding factors identified?	N	Y	Y	Y	Y	Y	Y	N
6. Were strategies to deal with confounding factors stated?	N	Y	Y	Y	Y	Y	Y	N
7. Were the outcomes measured in a valid and reliable way?	Y	Y	Y	Y	Y	Y	Y	Y
8. Was appropriate statistical analysis used?	Y	Y	Y	Y	Y	Y	Y	Y
Overall appraisal (Included/Excluded)	**Included**	**Included**	**Included**	**Included**	**Included**	**Included**	**Included**	**Included**
Y= yes; N=no								

S2 Table. Risk of bias assessment summary: review authors' judgements about each methodological quality item for each study included in this review, using the Cochrane Risk of Bias Tool for Randomized Controlled Trials [30].

Item	Taniguchi, Japan, 2018 [40]	Cronin, Ireland, 2018 [34]
Domain 1a: Risk of bias arising from the randomization process	N	N
Domain 1b: Risk of bias arising from the timing of identification or recruitment of participants in a cluster-randomized trial	N	N
Domain 2: Risk of bias due to deviations from the intended interventions (effect of adhering to intervention)	N	N
Domain 3: Risk of bias due to missing outcome data	Y	Y
Domain 4: Risk of bias in measurement of the outcome	Y	Y
Domain 5: Risk of bias in selection of the reported result	N	N
Overall risk-of-bias judgement (Low risk/Some concerns/High risk)	**Some concerns**	**Some concerns**
Y= yes; N=no		