

**Supplementary Table S1.** Selection of influencing factors for chronic liver disease

Influence factors	Authors (year)	Country	Design	Outcome	Measurement	HR/OR/RR (95% CI)	References
Age	Hamaguchi et al. (2012)	Japan	Cohort study	NAFLD	Abdominal ultrasonography	OR: 1.03 (1.00–1.06)	[29]
	Shaheen et al. (2021)	USA	Cohort study	Hepatic steatosis	FibroScan	AOR: 1.81 (1.27–2.57)	[30]
Sex	Summart et al. (2017)	Thailand	Cross-sectional study	NAFLD	Ultrasonography	OR: 1.30 (1.20–1.40)	[31]
	Shaheen et al. (2021)	USA	Cohort study	Hepatic steatosis	FibroScan	AOR: 0.41 (0.31–0.54)	[30]
Race	Shaheen et al. (2021)	USA	Cross-sectional study	NAFLD	FibroScan	AOR: 2.40 (1.40–4.20)	[32]
	Rehm et al. (2014)	USA	Cross-sectional study	Hepatic steatosis	Magnetic resonance imaging proton density fat fraction	OR: 4.26 (1.65–11.04)	[33]
Education	Vilar-Gomez et al. (2021)	USA	Cross-sectional study	NAFLD	FibroScan	OR: 0.65 (0.43–0.96)	[34]
	Fan et al. (2021)	China	Cross-sectional study	MAFLD	Ultrasonography	OR: 1.50 (1.23–1.82)	[35]
Income	Fan et al. (2021)	China	Cross-sectional study	MAFLD	Ultrasonography	OR: 1.22 (1.05–1.42)	[35]
	Huo et al. (2021)	China	Cohort study	NAFLD	Ultrasonography	HR: 1.72 (1.11–2.66)	[36]
Physical activity	Gerage et al. (2018)	Brazil	Cohort study	Hepatic steatosis	Ultrasonography	OR: 0.71 (0.57–0.88)	[37]
	Fan et al. (2021)	China	Cross-sectional study	MAFLD	Ultrasonography	OR: 0.71 (0.60–0.85)	[35]
AMED scores	Khalatbari-Soltani et al. (2019)	Finland	Cohort study	Hepatic steatosis	Abdominal ultrasonography	PR: 0.67 (0.56–0.78)	[38]
	Doustmohammadian et al. (2022)	Iran	Cross-sectional study	NAFLD	Abdominal sonography	OR: 0.64 (0.52–0.78)	[39]
Smoking	Charatcharoenwittaya et al. (2020)	Thailand	Cohort study	NAFLD	Ultrasonography	HR: 2.09 (1.18–3.71)	[40]
	Wu et al. (2021)	Finland	Cohort study	NAFLD	Ultrasonography	RR: 1.99 (1.14–3.45)	[41]

Drinking	Long et al. (2020)	USA	Cross-sectional study	Hepatic steatosis	Multidetector computed tomography	OR: 1.15 (1.02–1.29)	[42]
	Lau et al. (2015)	USA	Cross-sectional study	Hepatic steatosis	Ultrasonography	OR: 1.36 (1.06–1.74)	[43]
Coffee	Imatoh et al. (2015)	Japan	Cross-sectional study	Hepatic steatosis	Ultrasonography	OR: 0.59 (0.38–0.90)	[44]
	Veronese et al. (2018)	South Italy	Cross-sectional study	Hepatic steatosis	Ultrasonography	OR: 0.93 (0.72–1.20)	[45]
Waist-to-hip ratio	Schult et al. (2018)	Sweden	Cohort study	Liver cirrhosis	Hospital discharge and death certificate registries	HR: 5.80 (1.60–21.40)	[46]
	Andreasson et al. (2017)	Sweden	Cohort study	Liver disease	Swedish national registers	HR: 1.30 (1.16–1.46)	[47]
Waist circumference	Campbell et al. (2016)	USA	Cohort study	Liver cancer	State cancer registries, medical record abstraction, and/or the National Death Index	HR: 1.08 (1.04–1.13)	[48]
	Ju et al. (2013)	South Korea	Cross-sectional study	NAFLD	Abdominal ultrasonography	Men OR: 15.54 (12.69–19.03) Women OR: 48.73 (23.92–99.29)	[49]
Energy	Wehmeyer et al. (2016)	Germany	Cohort study	NAFLD	Ultrasonography	–	[50]
	Anderson et al. (2015)	England	Cohort study	NAFLD	Ultrasonography	OR: 0.88 (0.66–1.17)	[51]
Diabetes	Ming et al. (2015)	China	Cohort study	NAFLD	Abdominal ultrasonography	RR: 4.50 (1.90–10.70)	[52]
	Kleiner et al. (2019)	USA	Cohort study	Severe steatosis	Liver biopsies	RR: 2.04 (1.10–3.76)	[53]
Hypertension	Gawrieh et al. (2019)	USA	Cross-sectional study	NASH	Biopsy specimens	OR: 1.50 (0.90–2.50)	[54]
	Aneni et al. 2015	USA	Cross-sectional study	NAFLD	Abdominal ultrasonography	OR: 1.80 (1.40–2.30)	[55]
Dyslipidemia	Kathak et al. (2022)	Bangladesh	Cross-sectional study	Liver disease	Liver enzymes	–	[56]
	Mendez-Sanchez et al. (2020)	Mexico	Cross-sectional study	Liver fibrosis	Biopsy-proven	OR: 0.81 (0.71–1.61)	[57]

AMED, Alternate Mediterranean Diet Index; AOR, adjusted odds ratio; CI, Confidence interval; HR, Hazard ratio; MAFLD, metabolic dysfunction-associated fatty liver disease; NAFLD, Nonalcoholic fatty liver disease; NASH, Non-alcoholic steatohepatitis; OR, Odds ratio; PR, Prevalence ratio; RR, Risk ratio.

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