

Supplementary Material

Table S1. Quality assessment results.

Author (year)	Allocation of Study Groups	Unit of Allocation	Baseline Differences	Objectivity of the Outcome	Completeness of Follow-up	Total Score
Bourgeois FC (2010)	2	2	2	1	0	7
Gifford J (2017)	2	0	2	1	2	7
Ginzburg R (2018)	0	1	2	2	0	5
Gonzales R (2013)	2	2	2	2	2	10
Grayson ML (2004)	0	0	0	1	0	1
Gulliford MC (2014)	2	2	2	2	2	10
Gulliford MC (2019)	2	2	2	2	2	10
Hingorani R (2015)	0	0	1	1	0	2
Jones BE (2018)	2	2	0	1	0	5
Linder J (2007)	0	1	0	2	2	5
Linder JA (2006)	0	0	0	2	0	2
Linder JA (2009)	2	2	1	1	0	6
Litvin CB (2013)	0	2	0	2	2	6
Mainous AG (2013)	0	2	2	1	0	5
Mann D (2014)	2	1	0	1	0	4
McCullagh LJ (2014)	2	1	1	1	1	6
McCullough JM (2014)	2	1	2	1	0	6
McDermott L (2014)	0	1	0	1	1	3
McGinn TG (2013)	2	1	2	1	0	6
Rattinger GB (2012)	0	0	1	1	0	2
Rubin MA (2006)	2	2	2	1	0	7
Webb BJ (2019)	0	0	2	1	0	3