

Table S1: The Newcastle-Ottawa Scale (NOS) of the included studies

Study	Selection				Comparability		Outcome			Total
	Representative of the exposed cohort	Selection of external control	Ascertainment of exposure	Outcome of interest not present at the start of the study	Comparability of cohorts		Assessment of outcomes	Sufficient follow-up time	Adequacy of follow-up	
					Main factor	Additional factor				
Dijkstra et al. [1996] [1]	+	+	+	+	-	-	+	+	+	7
Sahrudi et al. [2009] [3]	+	+	+	-	-	-	+	-	+	5
Wedin et al. [2012] [13]	+	+	+	+	-	-	+	-	+	6
Schwabe et al. [2014] [17]	+	+	+	+	-	-	+	-	+	6
Janssen et al. [2016] [12]	+	+	+	+	-	-	+	+	+	7

Casadei et al. [2018] [14]	+	+	+	+	-	-	+	+	+	7
Zhao et al. [2021] [9]	+	+	+	+	-	-	+	+	+	7
Ricard et al. [2021] [16]	+	+	+	+	-	-	+	+	+	7
Koob et al. [2022] [15]	+	+	+	+	-	-	+	+	-	6