**Supplementary file 2.** Quality Assessment

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| Study | Selection Bias | Study Design | Confounders | Blinding | Data Collection | Withdrawals | Final Rating |
| **Martins et al, 2020 (1)** | Weak | Moderate | strong | Not applicable | Strong | Strong | Moderate |
| **Thom et al 2020(2)**  | Weak | moderate | Not applicable | Not applicable | Moderate | Moderate | Moderate |
| **Ravelli et al 2019 (3)** | Weak | moderate | Not applicable | Not applicable | Moderate | strong | Moderate |
| **Wolfe et al, 2018 (4)** | Weak | moderate | Not applicable | Not applicable | Moderate | moderate | moderate |
| **Bettini et al, 2018 (5)** | Weak | moderate | Not applicable | Not applicable | moderate | moderate | moderate |
| **Nymo et al, 2018 (6)** | Moderate | moderate | Not applicable | Not applicable | Strong | Strong | Strong |
| **Ten Haaf et al, 2018 (7)** | Weak | Weak | Moderate | Not applicable | Moderate | Moderate | Weak |
| **Marzullo et al, 2018 (8)** | Weak | Moderate | Not applicable | Not applicable | moderate | weak | Weak |
| **Gomez-Arbelaez et al, 2018 (9)** | weak | moderate | Not applicable | Not applicable | Moderate | Moderate | Moderate |
| **Byrne et al, 2018 (10)** | Weak | Moderate | strong | Moderate | Moderate | strong | Moderate |
| **Marlatt et al, 2017 (11)** | weak | Moderate | strong | moderate | Moderate | Moderate | Moderate |
| **Rosenbaum et al, 2016 (12)** | weak | moderate | strong | Not applicable | Moderate | Moderate | Moderate |
| **Fothergill et al, 2016 (13)** | weak | moderate | Not applicable | Not applicable | Strong | Moderate | Moderate |
| **Browning et al, 2016 (14)** | weak | moderate | Not applicable | Not applicable | Moderate | moderate | Moderate |
| **Tam et al 2016 (15)** | Weak | moderate | Not applicable | Not applicable | Moderate | moderate | Moderate |
| **Müller et al, 2015 (16)** | moderate | moderate | Not applicable | Not applicable | Strong | Moderate | Moderate |
| **Mcneil et al, 2015 (17)** | weak | moderate | moderate | Moderate | Moderate  | Moderate | moderate |
| **Karl et al, 2015 (18)** | moderate | strong | strong | strong | strong | strong | Strong |
| **Camps et al, 2015 (19)** | moderate | moderate | Not applicable | Not applicable | Moderate | Moderate | Moderate |
| **Pourhassan et al, 2014 (20)** | weak | Weak | Not applicable | Not applicable | Moderate | Not applicable | moderate |
| **Hopkins et al, 2014 (21)** | Moderate | Moderate | Not applicable | Not applicable | Moderate | moderate | moderate |
| **Camps et al, 2013 (22)** | moderate | Moderate | Not applicable | Not applicable | Strong | Strong | Strong |
| **Bosy-Westphal et al, 2013 (23)**  | moderate | Moderate | Moderate | Moderate | Strong | Strong | Strong |
| **Johannsen et al, 2012 (24)** | weak | Moderate | Not applicable | Not applicable | Moderate | Moderate | Moderate |
| **The Jonge et al, 2012 (25)** | Moderate | Strong | Strong | Moderate | Strong | Moderate | Strong |
| **Lecoultre et al, 2011(26)** | Weak | Strong | weak | Moderate | Moderate | weak | Weak |
| **Redman et al, 2009 (27)** | Moderate | strong | Moderate/strong | Moderate | Moderate | strong | Strong |
| **Goele et al, 2009 (28)** | Moderate | moderate | Not applicable | Not applicable | moderate | strong | Moderate |
| **Bosy Westphal et al, 2009 (29)** | moderate | moderate | Not applicable | Not applicable | Strong | strong | Strong |
| **Carrasco et al, 2007 (30)** | weak | moderate | Not applicable | Not applicable | Moderate | Moderate | Moderate |
| **Coupaye et al, 2005 (31)** | weak | moderate | Not applicable | Not applicable | Moderate | moderate | Moderate |
| **Doucet et al, 2001 (32)** | weak | strong | Weak | strong | moderate | weak | Weak |
| **Dulloo et al, 1998 (33)** | weak | moderate | Not applicable | Not applicable | Moderate | moderate | Moderate |

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