Supplementary **Table**

 **A hierarchy of evidence15**

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| **Level** | **Description** |
|  1++ | High quality meta-analyses; systematic reviews of randomised controlled trials; or high quality randomised controlled trials with a very low risk of bias |
|  1+ | Well-conducted meta-analyses; systematic reviews of randomised controlled trials; or high quality randomised controlled trials with a low risk of bias |
|  1 | Meta-analyses; systematic reviews of randomised controlled trials; or randomised controlled trials with a high low risk of bias |
|  2++ | High quality systematic reviews of case-control or cohort studies with a low risk of confounding, bias or chance and a high chance of causality |
|  2+ | Well-conducted case-control or cohort studies with a high risk of confounding, bias or chance and a significant risk that the relationship is not causal |
|  2 | Case-control or cohort studies with a high risk of confounding, bias or chance and a significant risk that the relationship is not causal |
|  3 | Non-analytical studies (for example case records or case series) |
|  4 | Expert opinion, formal consensus |