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| Supplementary Table 1. *Quality Assessment of Included Studies using the Quality Assessment of Observational and Cohort Studies Tool (NIH 2017)* |
|  | Research question/objective clear | Study population specified & defined | Eligible participation rate > 49% | RecruitmentInclusion/ exclusion criteria prespecified | Appropriate statistical information | Exposure(s) of interest measured prior to outcome(s) | Timeframe sufficient to expect association between exposure & outcome | Study examined different levels of exposure | Exposure measures clearly defined, valid, reliable, etc. | Exposure (s) assessed more than once over time | Outcome measures clearly defined, valid, reliable, etc. | Loss to follow-up after baseline ≤20% | Potential confounding variables measured &adjusted statistically | **Rating** |
| Abdulle¹(2018)  | Y | Y | NR | Y | N | Y | Y | NA | Y | Y | Y | Y | Y | **Good** |
| Abdulle¹(2020) | Y | Y | NR | Y | N | Y | Y | NA | Y | Y | Y | NR | NR | **Good** |
| van der Naalt¹ (2017) | Y | Y | N | Y | Y | Y | Y | NA | Y | Y | Y | Y | CD | **Good** |
| Deb (1998) | Y | Y | NR | Y | N | N | Y | NA | Y | N | Y | NA | N | **Fair** |
| Hu (2017) | Y | Y | NR | Y | N | Y | Y | NA | Y | N | Y | NA | N | **Good** |
| Karr (2019) | Y | Y | NR | Y | N | Y | N | NA | Y | N | Y | NA | N | **Fair** |
| Kinsella (2014) | Y | Y | N | Y | Y | Y | Y | NA | Y | N | Y | NA | Y | **Good** |
| Kristman²(2016) | Y | Y | Y | Y | N | Y | Y | NA | Y | Y | Y | Y | N | **Good** |
| Asselstine² (2020) | Y | Y | NR | Y | N | Y | Y | NA | Y | Y | Y | Y | Y | **Good** |
| Mosenthal(2004) | Y | Y | N | Y | N | Y | Y | Y | N | Y | Y | N | N | **Fair** |
| Rapoport (2001) | Y | Y | NR | Y | N | Y | Y | NA | Y | N | Y | NA | Y | **Fair** |
| Rapoport (2003) | Y | Y | NR | Y | N | Y | Y | NA | Y | N | Y | NA | Y | **Good** |
| Richey³ (2020) | Y | Y | NR | Y | N | Y | Y | NA | Y | Y | Y | Y | NR | **Good** |
| Peters³(2018) | Y | Y | N | Y | N | Y | Y | Y | Y | N | Y | NA | Y | **Good** |
| *Note:* Y = yes; N = No; NR = Not reported; NA = Not applicable; CD = Could not determine |