

Supplementary table 1: NIH Quality Assessment of Included cross-sectional studies

GCC countries	Reference	Was the research question or objective in this paper clearly stated?	Was the study population clearly specified and defined?	Was the participation rate of eligible persons at least 50%?	Were all the subjects selected or recruited from the same or similar populations (including the same time period)? Were inclusion and exclusion criteria for being in the study prespecified and applied uniformly to all participants?	Was a sample size justification, power description, or variance and effect estimates provided?	For the analyses in this paper, were the exposure(s) of interest measured prior to the outcome(s) being measured?	Was the timeframe sufficient so that one could reasonably expect to see an association between exposure and outcome if it existed?	Were the exposure measures (independent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?	Were the outcome measures (dependent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?	Were key potential confounding variables measured and adjusted statistically for their impact on the relationship between exposure(s) and outcome(s)?	Score (out of 11)	Percentage	Quality
Bahrain	AlDhaen, 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Hasan et al., 2015	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Alaradi et al., 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Wagdi et al.,	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Ateeq et al., 2024	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
Kuwait	Muhammad and Hamdy, 2005	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Atawneh et al., 2003	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Alroomi and Mohamed, 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Al-Ghareeb and Al-Wotayan, 2021	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Alhenaidi et al., 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Alabduljader, 2022	Yes	No	Yes	Yes	No	No	No	Yes	No	No	4	36	Fair
	Akl et al., 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Tucker et al., 2009	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	9	82	Good
	Zadjali and Ibrahim, 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
Oman	Albalushi et al., 2021	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	10	91	Good
	Palatholi et al., 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Alrawahi et al., 2024	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Al-Maskari et al., 2020 (A)	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	9	82	Good
	Al-Maskari et al., 2020 (B)	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	No	7	64	Fair
	Al-Yaqoubi and Arulappan, 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Albashayreh et al., 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	AbuAlRub et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Alma'mari et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	AlMaqbali, 2015	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Alsabei et al., 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Alsabei et al., 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Alsabei et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Alrawahi et al., 2019	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Chan et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Moideenkutty et al., 2008	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Palatholi et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Belwal et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	8	73	Fair
	Gupta et al., 2017	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Mohamed, 2015	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	Abdulla et al., 2011	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair
	AlKhalaf et al, 2010	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	7	64	Fair

Qatar	AlMarri et al., 2002	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	El-Menyar, 2021	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	9	82	Good
	Yehya et al., 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Varghese et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Al-Ansari and Alshare, 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	8	73	Fair
	Al-Jumaili et al., 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Kader et al., 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	8	73	Fair
	Chaaban and Du, 2017	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	9	82	Good
	Hendawi, 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
UAE	Alshamsi et al., 2022	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	8	73	Fair
	Abraham et al., 2019	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes	No	6	55	Fair
	Banni-Issa et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Hamid and Musa, 2016	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	8	73	Fair
	Kratepe and Tezabi, 2011	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Karatepe, 2011	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Abed-Rbou et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Mohammad and Borkoski, 2024	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Jawabria et al., 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Alsahhi et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Alaydi and Ng, 2024	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Alshahrani et al., 2022	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	9	82	Good
	Almodibeg and Smith, 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Parveen and Adeinat, 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Bin Abdulrahman et al., 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Ishfaq et al., 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	8	73	Fair
	Waznah et al., 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Al-Mehrej et al., 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Al Jazairy et al., 2014	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Alqahtani et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Alshamrani et al., 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Labban et al., 2019	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Labban et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Alyousef and Alhamidi, 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Asif et al., 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Almutairi and El.Mahalli, 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Khan et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Al-Kahtani et al., 2016	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Alanazi, 2024	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	9	82	Good
	Almatrafi et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Alshaer and Kaviani, 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
	Asfahani, 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Baghdadi et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
	Malik, 2023	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	9	82	Good
	Subbarayalu and Kuwaiti, 2017	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	8	73	Fair
	Subbarayalu and Kuwaiti, 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair

Agha et al., 2015	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Al-Haddad et al., 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Al-Omari et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al-Sayaghi et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al-Shaban et al., 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al-Youbi and Jan, 2013	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Al Anazi et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al Anazi et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	9	82	Fair
Albalawi, 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alhassan et al., 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Almarhapi and Khalil, 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Almutairi et al., 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al Omar et al., 2019	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alosaimi et al., 2018	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alqahtani et al., 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alsaqat et al., 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alshahrani et al., 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alshahrani et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alshurtan et al., 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alwhaibi et al., 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Aziz et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Battar SS et al., 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Abdulrahman et al., 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Halwani et al., 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Rahimaldeen et al., 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Nadim et al., 2016	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Umar et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	9	82	Good
Abdoh et al., 2021	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Ageel and Shbeer, 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	8	73	Fair
Aljadhey et al., 2016	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	8	73	Fair
Al-Dossary, 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Al-Makhaita et al., 2014	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Al-Nusair and Alnjadat, 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al-Shamlan et al., 2017	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alameri et al., 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alenezi et al., 2018	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alenezi, 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alhafithi et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alharbi et al., 2016	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alharbi and Alshehry, 2019	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alharbi et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alharthi, 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Ali et al., 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Almalki and Clark, 2012	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alotaibi et al., 2016	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair

Alotni and Elgazzar, 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alqahtani et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alreshidi and Alsharari, 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alreshidi and Rayani, 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alruwaili et al., 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alsalmi and Alilyyani, 2024	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alsayed et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Alshehri et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Ambani et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	9	82	Good
Baker and Alshehri, 2021	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Ballut et al., 2018	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
El-Gilany, 2001	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Kddourah et al., 2018	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Khai-Lee et al., 2020	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Mohamed, 2002	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Parveen et al., 2016	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Qedair et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Saquib et al., 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Saquib et al., 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Shahin et al., 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Shdaifat et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	9	82	Good
Wali et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Wazqar, 2019	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Idris and Manganaro, 2017	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al-Muallem and Al-Surimi, 2019	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Al-Omar et al., 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Aldaiji et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	9	82	Good
Algazan et al., 2022	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Almogbel, 2021	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	9	82	Good
Al Zahrani et al., 2017	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	9	82	Good
Al-Imam and Al-Sobayel, 2014	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alkassabi et al., 2018	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	8	73	Fair
Alghamdi and Alghamdi, 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	8	73	Fair
Asiri et al., 2023	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Alkindi et al., 2020	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	9	82	Good
Arafa et al., 2022	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Hariri et al., 2023	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	9	82	Good
Al-Otaibi, 2020	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair
Sahni, 2019	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	7	64	Fair

Quality for observational cohort and cross sectional was rated as:

0 for poor (0–4 out of 14 questions), [0% - 34%]

i for fair (5–10 out of 14 questions), [35% - 75%]

ii for good (11–14 out of 14 questions); [76% - 100%]

NA: not applicable.

Quality		
Good	Fair	Poor
16	149	0

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