

Cross-sectional & Longitudinal Studies													
Study Number	Study (Author, Year)	Were the criteria for inclusion in the sample clearly defined?	Were the study subjects and the setting described in detail?	Was the exposure measured in a valid and reliable way?	Were objective, standard criteria used for measurement of the condition?	Were confounding factors identified?	Were strategies to deal with confounding factors stated?	Were the outcomes measured in a valid and reliable way?	Was appropriate statistical analysis used?	Overall Appraisal			
54	Picou et al., (2024), USA	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
64	Keshky, (2024), Saudi Arabia	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
88	Buelga, (2024), Spain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
101	Ding et al., (2022), China	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Include			
174	Sun et al., (2022), China	No	Yes	Yes	Yes	No	No	Yes	Yes	Include			
298	Lee et al., (2021), South Korea	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Include			
361	Handley et al., (2019), USA	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
539	Lardier et al. (2016), USA	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
640	Kwok et al., (2015), China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
784	Kwok et al., (2013), China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
807	Samm et al., (2009), Estonia	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
827	Kwok & Shek, (2011), China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
837	Mahfoud et al., (2010), Lebanon	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
848	An et al., (2010), South Korea	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
849	Logan et al., (2011), USA	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Include			
1054	Springer et al., (2005), USA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1067	Lee et al., (2006), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1173	Shilubane et al., (2013), South Africa	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1176	Yang et al., (2022), China	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Include			
1179	Yoder & Hoyt, (2005), USA	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Include			
1189	Yang et al., (2023), China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1194	Peltzer & Pengpid, (2012), Thailand	Yes	Yes	Yes	Yes	No	No	No	Yes	Include			
1199	Li et al., (2016), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1209	Lee & Choi, (2015), South Korea	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1212	Estévez-García et al., (2023), Spain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1224	Lee et al., (2018), South Korea	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1226	Wan et al., (2022), China	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Include			
1227	Chae et al., (2020), South Korea	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Include			
1231	Peltzer & Pengpid, (2012), South Africa	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1267	Peng et al., (2024), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			

1289	Kwok et al., (2009), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1373	Asante et al., (2021), Sierra Leone	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1397	Bao et al., (2024), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1435	Yang et al., (2023), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1449	Walsh et al., (2012), Israel	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1490	Pinˆa-Watson et al., (2014), USA	Yes	Yes	Yes	Yes	No	No	No	Yes	Include			
1503	Gouveia-Pereira et al., (2014), Portugal	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1566	Guan et al., (2024), China	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Include			
1569	Cho, (2020), South Korea	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1575	Li et al., (2025), China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1578	Potard et al., (2020), France	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1593	Guo et al., (2021), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1636	Wang & Qiao, (2022), China	No	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1638	Wang et al., (2014), Taiwan	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1668	Bar-Zomer & Brunstein Klomek, (2018), Israel	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Include			
1679	Chen et al., (2020), China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1687	Wang et al., (2023), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1698	Kim et al., (2021), South Korea	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1707	Kwok & Shek, (2009), China	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1728	Wu & Yaccob, (2016), Malaysia	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1738	Nunes & Mota, (2016), Portugal	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1746	Kelly et al., (2025), USA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1758	Nieto-Casado et al., (2022), Spain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1766	Nakano, (2021), Japan	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1770	Modeste-James et al., (2023), USA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1818	Peˆlˆaz-Fernˆandez et al., (2024), Spain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1834	Ibrahim et al., (2019), Malaysia	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1849	Kim et al., (2021), USA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1874	Wang et al., (2023), China	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1877	Galindo-Dominguez & Losada Iglesias, (2023), Spain	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Include			
1883	Eslava et al., (2023), Spain	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1929	Quarshie et al., (2023), Namibia	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Include			
1945	Bao et al., (2020), China	Yes	Yes	Yes	Yes	No	No	No	Yes	Include			

[illegible]

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Was the trial design appropriate and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?	Yes	Standard individually randomized parallel design.											
Cohort Studies													
Study Number	Study (Author, Year)	Were the two groups similar and recruited from the same population?	Were the exposures measured similarly to assign people to both exposed and unexposed groups?	Was the exposure measured in a valid and reliable way?	Were confounding factors identified?	Were strategies to deal with confounding factors stated?	Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)?	Were the outcomes measured in a valid and reliable way?	Was the follow up time reported and sufficient to be long enough for outcomes to occur?	Was follow up complete, and if not, were the reasons to loss to follow up described and explored?	Were strategies to address incomplete follow up utilized?	Was appropriate statistical analysis used?	Overall appraisal
7702	Herba et al., (2008), Netherlands	Yes	Yes	Yes	Yes	Yes	Unclear	Yes	Yes	Yes	Yes	Yes	Include