

Methodological quality appraisal of longitudinal studies using the  
Newcastle-Ottawa Quality Assessment Scale

| Study                              | 1 | 2 | 3 | 4 | 5  | 6 | 7 | 8 | Overall score |
|------------------------------------|---|---|---|---|----|---|---|---|---------------|
| Ahmadi-Abhari et al. [107] (2017)  | - | * | - | - | ** | * | * | - | 5             |
| Albrecht et al. [108] (2018)       | * | * | - | * | ** | * | * | * | 8             |
| Andersen et al. [110] (2015)       | * | * | - | - | ** | * | * | * | 7             |
| Andersen et al. [109] (2020)       | - | - | * | * | *  | * | * | * | 6             |
| Armstrong et al. [111] (2015)      | * | * | - | * | ** | * | * | * | 8             |
| Berentzen et al. [112] (2008)      | * | * | - | * | ** | * | * | - | 7             |
| Besson et al. [113] (2008)         | * | * | - | * | ** | * | * | * | 8             |
| Blond et al. [114] (2016)          | * | * | - | * | ** | * | * | * | 8             |
| Chakravarty et al. [115] (2008)    | - | - | - | * | ** | - | * | * | 5             |
| Chase et al. [116] (2008)          | - | * | - | - | ** | * | * | * | 6             |
| Chomistek et al. [117] (2012)      | - | * | - | * | ** | * | * | - | 6             |
| Dhana et al. [118] (2017)          | - | - | - | * | ** | * | * | * | 6             |
| Dons et al. [119] (2018)           | * | * | - | - | ** | - | * | * | 6             |
| Fan et al. [120] (2019)            | * | * | * | * | ** | * | * | * | 9             |
| Farahmand et al. [121] (2009)      | - | - | * | * | *  | * | * | * | 6             |
| Fisher et al. [122] (2016)         | * | * | * | - | ** | * | * | * | 8             |
| Fuller et al. [123] (2014)         | * | * | * | - | ** | - | * | * | 7             |
| Grøntved et al. [124] (2016)       | * | * | - | - | ** | * | * | * | 7             |
| Hallmarker et al. [125] (2018)     | * | * | * | * | ** | * | * | * | 9             |
| Hoevenaar-Blom et al. [126] (2011) | * | * | - | - | ** | * | * | * | 7             |
| Johnsen et al. [127] (2006)        | * | * | * | * | ** | * | * | * | 9             |
| Johnsen et al. [128] (2013)        | * | * | * | * | ** | * | * | * | 9             |
| Koolhaas et al. [129] (2016)       | * | * | * | - | ** | * | * | * | 8             |
| Koolhas et al. [130] (2018)        | * | * | - | - | ** | * | * | * | 7             |
| Kunutsor et al. [132] (2021)       | * | * | - | - | ** | - | * | * | 6             |
| Kubesch et al. [131] (2018)        | * | * | * | - | ** | * | * | * | 8             |
| Kunutsor et al. [135] (2019)       | * | * | - | * | ** | * | * | * | 8             |
| Kunutsor et al. [134] (2020)       | * | * | - | * | ** | * | * | * | 8             |
| Kunutsor et al. [133] (2020)       | * | * | * | * | ** | * | * | * | 9             |
| Laukkanen et al. [137] (2018)      | * | * | - | - | ** | * | * | * | 7             |
| Laukkanen et al. [136] (2020)      | * | * | - | - | ** | * | * | * | 7             |
| Lee et al. [138] (2014)            | * | * | - | * | ** | * | * | - | 7             |
| Littman et al. [139] (2005)        | * | * | - | * | ** | - | * | * | 7             |
| MacDonald et al. [140] (2020)      | * | * | - | * | ** | * | * | * | 8             |
| Matthews et al. [141] (2007)       | * | * | * | * | ** | * | - | * | 8             |
| Mekary et al. [142] (2009)         | - | * | - | * | *  | - | * | - | 4             |
| Mielke et al. [143] (2020)         | * | * | - | - | ** | - | - | - | 4             |
| Oja et al. [7] (2017)              | * | * | * | * | ** | * | * | * | 9             |
| Östergaard et al. [144] (2018)     | * | * | - | * | ** | * | * | - | 7             |
| Patterson et al. [145] (2020)      | - | * | - | - | ** | * | * | * | 6             |
| Pronk et al. [148] (2011)          | * | * | * | * | ** | * | * | * | 9             |
| Porter et al. [147] (2019)         | * | * | * | * | ** | * | * | - | 9             |
| Porter et al. [146] (2020)         | * | * | * | - | ** | * | * | - | 8             |
| Rasmussen et al. [149] (2016)      | * | * | - | * | ** | * | * | - | 7             |
| Rasmussen et al. [150] (2018)      | * | * | - | * | ** | - | * | - | 6             |
| Sahlqvist et al. [151] (2013)      | * | * | - | * | ** | * | * | * | 7             |
| Schnohr et al. [152] (2013)        | * | * | - | * | ** | * | * | * | 8             |
| Schnohr et al. [154] (2015)        | * | * | - | * | ** | * | * | * | 8             |
| Schnohr et al. [153] (2018)        | * | * | - | * | ** | * | * | * | 8             |
| Sheehan & Li [155] (2020)          | * | * | - | - | ** | * | * | * | 7             |
| Svedberg et al. [156] (2019)       | * | * | * | * | ** | * | * | * | 9             |
| Tovar-García [157] (2021)          | * | * | - | - | -  | - | * | * | 4             |
| Turrell et al. [158] (2018)        | * | * | - | - | ** | - | * | - | 5             |
| Wang et al. [159] (2013)           | * | * | * | * | ** | * | * | * | 9             |
| Wang et al. [160] (2019)           | * | * | - | * | ** | - | * | * | 7             |

|                          |   |   |   |   |    |   |   |   |   |
|--------------------------|---|---|---|---|----|---|---|---|---|
| Watts et el.[161] (2022) | * | * | * | * | ** | * | * | * | 9 |
|--------------------------|---|---|---|---|----|---|---|---|---|

1 = Representativeness of the exposed cohort; 2 = Selection of the non-exposed cohort; 3 = Assessment of exposure; 4 = Demonstration that outcome of interest was not present at the start of study; 5 = Comparability of cohorts on the basis of the design or analysis; 6 = Ascertainment of outcome; 7 = Long enough follow-up for outcomes to occur; 8 = Adequacy of follow-up of cohorts.

“-” = criteria not met; “\*” = one point for meeting criteria; “\*\*” = two points for meeting criteria; Overall score: 0-3 points = “poor quality”; 4-6 points = “fair quality”; 7-9 points = “good quality”