## Appendix 1. Quality in Prognostic Studies (QUIPS) risk of bias ratings

| Study                  | Study Participation | Study Attrition | Prognostic Factor Measurement | Outcome measurement | Study confounding | Statistical analysis and reporting |
|------------------------|---------------------|-----------------|-------------------------------|---------------------|-------------------|-----------------------------------|
| Alexsson et al. (1994) | Moderate            | Low             | Moderate                      | Low                 | Moderate          | Low                               |
| Barrenäs et al. (2005) | Moderate            | Moderate        | Low                           | Low                 | Low               | Low                               |
| Barrenäs et al. (2005) | Low                 | Low             | Low                           | Low                 | Low               | Low                               |
| Batty et al. (2017)   | Low                 | Moderate        | Low                           | Low                 | Low               | Low                               |
| Burr et al. (2005)    | Low                 | Moderate        | Low                           | Moderate            | Low               | Low                               |
| Dawes et al. (2015)   | Low                 | Moderate        | Low                           | Low                 | Low               | Low                               |
| Olsen et al. (2001)   | Low                 | Low             | Low                           | Low                 | Low               | Low                               |
| Sayer et al., (1998)  | Moderate            | Moderate        | Low                           | Moderate            | Low               | Low                               |