**Supplementary Table 1. Modified Newcastle-Ottawa scale for assessing the quality of included studies**

| Study                | Study design | Selection (max=4) | Comparability (max=2) | Outcome (max=3) | Total score (max=9) |
|----------------------|--------------|-------------------|-----------------------|------------------|--------------------|
|                      |              | Representative sample | Sample size adequate | Non-respondents | Ascertainment of exposure | Based on design or analysis | Assessment of outcome | Statistical test |                |
| Miyazawa et al. (2007) | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ ☒ | ☒ | ☒ | ☒ | 7 |
| Goyal et al. (2015)    | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 6 |
| Laukka et al. (2019)   | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ ☒ | ☒ | ☒ | ☒ | 7 |
| Connolly et al. (2003) | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 7 |
| Cook et al. (2013)     | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 6 |
| Curtis et al. (2012)   | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ ☒ | ☒ | ☒ | ☒ | 7 |
| Egbe et al. (2017)     | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ ☒ | ☒ | ☒ | ☒ | 7 |
| Jung et al. (2017)     | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 6 |
| Kuzmik et al. (2010)   | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 6 |
| Lee et al. (2017)      | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 6 |
| Rouchaud et al. (2016) | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 6 |
| Schievink et al. (2010) | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ ☒ | ☒ | ☒ | ☒ | 7 |
| Shin et al. (2015)     | Cross-sectional | ☒ ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | ☒ | 6 |