## Supplementary Table 1

Cochrane risk of bias assessment for randomized control trials

| Author, Year          | Random sequence generation | Allocation concealment | Blinding of participants and personnel | Blinding of outcome assessment | Incomplete outcome data | Selective reporting | Other bias |
|-----------------------|----------------------------|------------------------|----------------------------------------|-------------------------------|------------------------|--------------------|------------|
| Goharani et al, 2019  | Low Risk                   | Low Risk               | High Risk                              | Unclear Risk                  | High Risk              | Low Risk           | Low Risk   |
| Hostler et al, 2011   | Unclear Risk               | Unclear Risk           | High Risk                              | Unclear Risk                  | Low Risk               | Low Risk           | Low Risk   |
| Vahedian-Azimi et al, 2020 | Low Risk                   | Low Risk               | High Risk                              | Unclear Risk                  | High Risk              | Low Risk           | Low Risk   |
## Supplementary Table 2

Newcastle-Ottawa scale for evaluating the quality of cohort studies (Cohort studies)

| Author, Year                | Represenative exposed cohort | Selection of non-exposed cohort | Ascertaining exposure | Demonstration that outcome of interest was not present at start of study | Comparability of cohorts on the basis of the design or analysis | Assessment of outcome of cohorts | Follow-up long enough for outcomes to occur | Adequacy of follow-up of cohorts |
|-----------------------------|------------------------------|---------------------------------|-----------------------|------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------|-----------------------------------------------|---------------------------------|
| Bobrow et al, 2013          | *                            | *                               | *                     | *                                                                      | *                                                                | *                             | *                                             | *                               |
| Couper et al, 2015          | *                            | *                               | *                     | *                                                                      |                                                                  | *                             | *                                             | *                               |
| Crowe et al, 2015           | *                            | *                               | *                     | *                                                                      |                                                                  | *                             | *                                             | *                               |
| Kramer-Johansen et al, 2006 | *                            | *                               | *                     | *                                                                      |                                                                  | *                             | *                                             | *                               |
| Lakomek et al, 2020         | *                            | *                               | *                     | *                                                                      |                                                                  | *                             | *                                             | *                               |
| Sainio et al, 2013          | *                            | *                               | *                     | *                                                                      |                                                                  | *                             | *                                             | *                               |

*The star indicates this study got one score for that category*
### Supplementary Table 2

Newcastle-Ottawa scale for evaluating the quality of case-control studies (cross-sectional studies)

| Author, Year  | Adequate definition of cases | Representativeness of cases | Selection of control subjects | Definition of control subjects | Control for important factor or additional factor | Exposure assessment | Same method of ascertainment for all subjects | Non-response rate |
|---------------|-------------------------------|-----------------------------|-------------------------------|--------------------------------|-----------------------------------------------|---------------------|-----------------------------------------------|-------------------|
| Abella et al, 2007 | *                             | *                           | *                            | *                              | *                                             | *                   | *                                             | *                 |

*The star indicates this study got one score for that category*