Supplementary Files

Table S1. Quality assessment of cohort studies using the Newcastle-Ottawa Quality Assessment Scales.

Items		A. Kulkarni 2011	Erik P. Severson 2012	Maria C.S. Inacio 2014	J. R. Martin 2015	C. D. Watts 2016	Philippe Hernigou 2016	Emanuel E. Nearing 2017	Jiabin Liu 2021	Sean P. Ryan 2022	Stephanie Purcell 2022	Perna Ighani Arani 2023	David A. Momtaz 2024
Selection	**Representativeness of the exposed cohort**	A (star)	A (star)	A (star)	A (star)	A (star)	B (star)	A(star)	A(star)	A(star)	A(star)	A(star)	A(star)
	Selection of the non-exposed cohort	A (star)	A (star)	A (star)	A (star)	A (star)	No star	A (star)	A(star)	A(star)	A(star)	A(star)	A(star)
	Ascertainment of exposure	A (star)	A (star)	A (star)	A (star)	A (star)	A (star)	A(star)	A(star)	A(star)	A(star)	A(star)	A(star)
	Demonstration that outcome of interest was not present at start of study	A (star)	A (star)	A (star)	A (star)	A (star)	A (star)	A(star)	A(star)	A(star)	A(star)	A(star)	A(star)
Comparability	**Comparability of cohorts on the basis of the design or analysis**	A (star)	No star	No star	A (star)	B (star)	No star	No star	B (star)	B(star)	No star	No Star	B (star)
Exposure	**Assessment of outcome**	B (star)	B (star)	B (star)	B (star)	B (star)	B (star)	B (star)	B (star)	B (star)	B (star)	B (star)	B (star)
	Was follow-up long enough for outcomes to occur?	A (star)	A (star)	A (star)	A (star)	A (star)	A (star)	A(star)	No Star	A(star)	No star	A(star)	A(star)
	Adequacy of follow up of cohorts	D	A (star)	B (star)	D	D	B (star)	D	No Star	B(star)	B(star)	B(star)	B(star)
Overall risk of bias		Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate	Low	Moderate	Moderate	Low

Table S2. Quality assessment of RCT study using the Cochrane risk-of-bias tool 2.

Items	Dowsey, 2022
Risk of bias arising from the randomization process	Low risk
Effect of assignment to intervention	Low risk
Risk of bias due to missing outcome data	Low risk
Risk of bias in measurement of the outcome	Low risk
Risk of bias in selection of the reported result	Low risk
Overall	Low risk