

Supplemental Table 2. Methodological quality assessment (risk of bias) of included studies by Newcastle-Ottawa Scales

Study	Selection				Comparability	Outcome		
	Exposed Cohort	Nonexposed Cohort	Ascertainment of exposure	Outcome of interest		Assessment of outcome	Length of follow-up	Adequacy of follow-up
Seidler 2016	*	*	*	*	**	*	*	-
Naismith 2013	*	*	*	*	**	*	-	*

Supplemental Table 1. Risk of bias assessment of included trials by Cochrane Risk of Bias Assessment Tool

First author, year	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Other bias
Beck 2017	Low	Low	Low	Low	Low	Low	Low
Cubo 2017	Low	Unclear	Unclear	Unclear	Unclear	Low	Low
Heldman 2017	Unclear	Unclear	High	High	Low	Low	Low
Lakshminarayana 2017	Low	Low	Low	Unclear	Low	Low	Low
Khalil 2017	Low	Low	Unclear	Low	Unclear	Unclear	Low
Wilkinson 2016	Low	High	Unclear	High	Low	Low	Low
Patel 2016	Unclear	Low	High	Unclear	Low	Low	Low
Ginis 2016	Low	High	High	High	Low	Low	Low
Theodoros 2016	Unclear	High	Unclear	Low	Low	Low	Low
Dorsey 2013	Low	High	High	High	Unclear	High	Low
Dorsey 2010	Low	High	High	High	Unclear	Low	Low

Supplemental Table 3. Quality assessment of included studies by modified Newcastle-Ottawa Scales

Study authors	Selection			Comparability	Outcome		
	Exposed Cohort	Ascertainment of exposure	Outcome of interest		Assessment of outcome	Length of follow-up	Adequacy of follow-up
Butterfield 2017	*	*	*	*	*	-	*
Dibilio 2017	*	*	*	*	*	-	-
Barbour 2016	*	*	*	*	*	*	*
Kraepelien 2015	*	*	*	*	*	*	-
Milman 2014	*	*	*	*	*	*	*
Marzinzik 2012	*	*	*	*	*	-	*
Dobkin 2011	*	*	*	*	*	-	-
Veazey 2009	*	*	*	*	*	-	*