

Supplementary Table 2A. Study Quality Assessment Based on Newcastle-Ottawa Scale

Author	Representativeness of the average adult in community	Co-hort size	Information on clinical outcomes	Outcome not present at start	factors comparable between the groups	Adequate clinical assessment	Follow up time	Adequacy of follow-up	MAX=8	HIGH>6, MEDIUM 4 to 6, LOW ≤3
Amato et al. (2016) ³⁹	0	0.5	1	1	1	1	1	0	5.5	Medium
Siau et al. (2018) ⁴⁷	0.5	1	1	1	1	1	1	0.5	7	High
Barclay et al. (2020) ¹⁷	0	1	1	1	1	1	1	0.5	6.5	High
Sandhu et al. (2018) ⁴⁵	0	1	1	1	1	1	1	0.5	6.5	High
Schenck et al. (2017) ⁴⁶	0	1	1	1	1	1	1	0.5	6.5	High
Curcio et al. (2015) ⁴³	0	1	1	1	1	1	1	1	7	High
Uedo et al. (2015) ⁴⁸	0	0	1	1	1	1	0	0	4	Medium
Binmoeller et al. (2015) ¹⁸	0	1	1	1	1	1	1	0.5	6.5	High
Binmoeller et al. (2012) ¹⁶	0	1	1	1	1	1	1	0.5	6.5	High
Cadoni et al. (2018) ⁴⁰	0.5	1	1	1	1	1	1	0.5	7	High
Wang et al. (2013) ²⁰	0	0.5	1	1	1	1	0	0	4.5	Medium
Rodríguez Sánchez et al. (2019) ⁴⁴	0.5	1	1	1	1	1	1	0.5	7	High
Chien et al. (2019) ⁴²	0.5	1	1	1	1	1	0	0	5.5	Medium
Chaves et al. (2018) ⁴¹	0	0	1	1	1	1	0	0	4	Medium