Table 1. Quality Index of Individual Studies

		Almeida F. et al.	Bacon W. et al.	Battagel J. and Kotecha B.	Chen et al.	Doff M. et al.	Fransson A. et al.	Hammond R. et al.	Hou H. et al.	Knappe S. et al.	Marklund M. et al	Marklund M.	Martinez J. et al.	Ringqvist M. et al.	Robertson C. et al.	Teixeira A. et al.	Wang X. et al.
		2006	2000	2005	2008	2010	2003	2007	2006	2017	2001	2006	2010	2003	2003	2017	2015
		Study 1	Study 2	Study 3	Study 4	Study 5	Study 6	Study 7	Study 8	Study 9	Study 10	Study 11	Study 12	Study 13	Study 14	Study 15	Study 16
Reporting																	
Question **1**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **2**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **3**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **4**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **5**	0 no, 1 partially, 2 yes	1	0	0	1	1	0	1	0	0	0	0	1	0	0	0	0
Question **6**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **7**	0 no, 1 yes	1	1	1	1	1	0	1	1	1	1	1	1	1	1	0	1
Question **8**	0 no, 1 yes	1	0	1	0	1	0	0	1	1	1	1	1	1	1	0	1
Question **9**	0 no, 1 yes	1	0	0	0	1	1	0	1	1	0	0	1	1	1	0	1
Question **10**	0 no, 1 yes	1	1	1	1	0	0	1	1	1	1	1	1	1	1	1	1
External validity																	
Question **11**	0 no, 1 yes	1	1	0	0	1	1	1	0	1	0	0	1	1	1	0	1
Question **12**	0 no, 1 yes	1	1	0	0	1	1	0	0	1	0	0	0	1	1	0	1
Question **13**	0 no, 1 yes	1	0	0	0	1	1	1	0	1	0	0	1	1	0	0	1
Internal validity - bias																	
Question **14**	0 no, 1 yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Question **15**	0 no, 1 yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Question **16**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **17**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **18**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **19**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Question **20**	0 no, 1 yes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Internal validity - confounding																	
Question **21**	0 no, 1 yes	0	1	0	0	1	0	1	0	0	1	1	1	1	0	0	0
Question **22**	0 no, 1 yes	0	1	0	0	1	0	0	0	0	0	0	1	1	0	0	0
Question **23**	0 no, 1 yes	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Question **24**	0 no, 1 yes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Question **25**	0 no, 1 yes	1	1	0	0	1	0	0	0	0	0	0	1	1	0	0	0
Question **26**	0 no, 1 yes	0	1	1	0	1	1	0	1	1	0	0	1	1	1	0	1
Power Questions																	
Question **27**	0, 1, 2, 3, 4, 5	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Total Score		**20**	**19**	**15**	14	**23**	**16**	17	**16**	**19**	15	15	22	**22**	**18**	12	**19**
Quality		good	fair	fair	poor	good	fair	fair	fair	fair	fair	fair	good	good	fair	poor	fair