

	1. Recruitment procedure & follow-up	2. Exposure definition and measurement	3. Outcome, Source and validation	4. Confounding and effect modification	5. Methods to reduce research specific bias	6. Chronology	7. Funding	8. Conflict of interest	Overall assessment
Almutairi et al. 2020	X	X	X	+	+	X	-	+	X
Catalán et al. 2021	X	X	X	-	N.A.	+	-	+	X
Cervia et al. 2021	X	X	X	X	+	+	+	+	X
Fernández-de-las-Peñas et al. 2021	X	X	X	+	+	+	+	+	X
Fischer et al. 2021	X	X	X	+	-	+	+	X	X
Fumagalli et al. 2022	X	-	X	+	+	+	-	+	X
González et al. 2022	X	-	X	-	X	+	+	+	X
Jacobs et al. 2023	X	X	X	+	+	+	+	+	X
Maestre-Muñiz et al. 2021	X	-	+	-	-	+	+	+	X
Marando et al. 2022	X	-	+	+	N.A.	+	+	+	X
Pazukhina et al. 2022	X	X	X	+	+	+	+	X	X
Rank et al. 2021	X	-	X	-	-	+	+	+	X
Zhao et al. 2021	X	X	+	-	N.A.	+	+	+	X

Figure 2: Risk of bias assessment.

Green/+: low risk of bias; orange/-: unclear risk of bias; red/x: high risk of bias; bright yellow/N.A.: item not applicable. In order for a study to have an overall low risk of bias, every major domain for risk of bias would have to be rated as low risk. If one of the major domains for risk of bias was rated as either high risk or unclear risk, the study was considered to have a high overall risk of bias.