

Supplemental Material 3. Risk of bias for cross-sectional, cohort and quasi-Experimental studies, assessed by the Joanna Briggs Institute critical.

A. Cross-sectional

Question	Answer*											
	Aurélio et al., 2014	Borba et al., 2004	Hallingan et al., 2006	Kastanioudakis et al., 2002	Kokong et al., 2014	Lobo et al. 2016	Macias Reyes et al. 2016	Maciasczyk et al., 2011	Mokbel et al., 2014	Obasikene et al., 2012	Polanski et al., 2020	Roverano et al., 2006
1. Were the criteria for inclusion in the sample clearly defined?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	N	N
2. Were the study subjects and the setting described in detail?	Y	Y	N	Y	Y	Y	Y	Y	Y	N	Y	Y
3. Was the exposure measured in a valid and reliable way?	Y	Y	Y	Y	N	Y	Y	Y	N	N	Y	N
4. Were objective, standard criteria used for measurement of the condition?	N	Y	Y	Y	N	Y	Y	Y	Y	N	Y	Y
5. Were confounding factors identified?	N	N	N	Y	N	N	N	Y	N	N	Y	N
6. Were strategies to deal with confounding factors stated?	N	N	N	N	N	N	N	Y	N	N	N	N
7. Were the outcomes measured in a valid and reliable way?	Y	Y	Y	Y	N	Y	Y	Y	Y	N	Y	N

8. Was appropriate statistical analysis used?	Y	Y	Y	Y	N	Y	Y	Y	Y	N	Y	N
% yes/risk	62,5%	75%	62,5%	87,5%	25%	75%	75%	100%	62,5%	12,5%	75%	25%
	M	L	M	L	H	L	L	L	M	H	L	H

Legend: N=No; U=Unclear; Y=Yes; L = Low risk; M = Moderate risk; H = High risk

B. Cohort

Question	Answer*			
	Barrenas, 1994	Bernard, 1985	Pascual- Ramos et al., 2014	Subramaniam e Vaswani, 2015
1. Were the two groups similar and recruited from the same population?	NA	N	NA	NA
2. Were the exposures measured similarly to assign people to both exposed and unexposed groups?	NA	Y	NA	NA
3. Was the exposure measured in a valid and reliable way?	Y	Y	Y	N
4. Were confounding factors identified?	Y	N	Y	N
5. Were strategies to deal with confounding factors stated?	Y	N	Y	N
6. Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)?	U	N	N	Y
7. Were the outcomes measured in a valid and reliable way?	Y	Y	Y	Y
8. Was the follow up time reported and sufficient to be long enough for outcomes to occur?	U	Y	Y	Y
9. Was follow up complete, and if not, were the reasons to loss to follow up described and explored?	Y	N	N	N
10. Were strategies to address incomplete follow up utilized?	U	N	N	N
11. Was appropriate statistical analysis used?	Y	N	Y	N
% yes/risk	54,54 % M	36,36% H	54,54% M	27,27% H

Legend: N=No; NA=Not applicable; U=Unclear; Y=Yes; L = Low risk;

M = Moderate risk; H = High risk

C. Quasi-Experimental (non-randomized)

Question	Answer*
	Gustafsson et al., 1983
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	Y
2. Were the participants included in any comparisons similar?	Y
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	N
4. Was there a control group?	N
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	Y
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	Y
7. Were the outcomes of participants included in any comparisons measured in the same way?	Y
8. Were outcomes measured in a reliable way?	U
9. Was appropriate statistical analysis used?	N
% yes/risk	55.55% M

Legend: N=No; U=Unclear; Y=Yes;

L = Low risk; M = Moderate risk;

H = High risk