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| ***Supplemental table S1: Quality appraisal of articles using the STROBE checklist*** |
|  | Methods | Results | Discussion |
|  | Study design | Participants | Variables | Data source | Bias | Study size | Quantitative variables | Statistical methods | Participants | Descriptive data | Outcome data | Main results | Other analyses | Key results | Limitations | Interpretation | Generalisability |
|  | 4 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Adams et al 1987 (19) | + | + | + | - | + | + | + | + | - | + | - | n/a | + | + | + | + | + |
| Agrell et al 1997 (48) | + | ? | + | - | + | + | + | + | + | + | + | - | n/a | + | + | + | + |
| Caplan et al 1987 (15) | + | + | - | + | - | - | ? | - | + | + | + | - | n/a | + | - | + | + |
| Cassidy et al 2001 (16) | + | + | + | - | + | + | - | - | ? | + | + | - | n/a | + | + | + | + |
| Chiu et al 2016 (43) | + | + | + | + | + | + | + | + | + | + | - | + | + | + | + | + | + |
| Cooke et al 2005b (40) | + | + | + | + | + | + | + | + | + | + | + | + | n/a | + | + | + | + |
| Demeyere et al 2015 (14) | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| Dong et al 2010 (38) |  ? | + | - | + | + | + | + | + | + | + | + | - | + | + | - | + | + |
| Edwards et al 2006 (24) | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| Ferber et al 2001 (52) | + | + | + | + | + | - | - | + | - | + | + | + | n/a | + | + | + | + |
| Fordell et al 2011 (47) | + | + | + | + | + | + | + | + | + | + | + | + | n/a | + | + | + | + |
| Godefroy et al 2011(13) | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + | + |
| Jolly et al 2013 (21) | + | n/a | + | + | + | + | + | + | + | - | + | + | n/a | + | + | + | + |
| Luukainen-Markkula et al 2011 (17) | + | + | + | - | - | + | + | + | ? | + | + | - | + | + | - | + | + |
| Rowe et al 2011a (8) | + | + | + | + | + | + | + | + | + | - | + | + | + | + | + | + | + |
| Townend et al 2007 (30) | + | + | + | + | + | + | + | + | ? | + | + | + | n/a | + | + | + | + |

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***Supplemental table S2: Quality appraisal of articles using the GRACE checklist***

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|  | Data | Methods |
|  | D1 | D2 | D3 | D4 | D5 | D6 | M1 | M2 | M3 | M4 | M5 |
| Azouvi et al 2002 (49) | + | + | + | + | ? | + | n/a | - | + | ? | + |
| Azouvi et al 2006 (50) | + | + | + | + | + | + | n/a | - | + | - | + |
| Cooke et al 2006 (41) | + | + | + | + | + | + | n/a | + | + | - | + |
| Leibovitch et al 2012 (46) | + | + | + | + | - | + | n/a | + | + | ? | + |
| Lincoln & Adams 1989 (19) | + | + | ? | - | ? | ? | + | - | ? | n/a | n/a |
| Lindell et al 2007 (51) | + | + | + | + | + | + | n/a | ? | + | - | + |
| Vossel et al 2010 (53) | + | + | + |  - | + | + | + | + |  + | n/a | n/a |

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|  |  Title |  Abstract | Introduction | Methods | Results | Discussion |  Funding |
| Rational | Questions | Existing review protocol | Study Characteristics | Sources | Search strategy | Study selection | Data extraction | Variables | Risk of Bias | Summary measures | Data handling | Risk of Bias (cumulative) | Additional analyses | No. of studies | Characteristics data extraction | Risk of Bias (individual) | Benefits or Harms | Meta-analyses | Risk of Bias (across studies) | Additional analyses | Summary | Limitations | Generalisability |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Cermak et al 1994 (18) | - | - | + | - | - | + | - | - | - | - | - | - | - | - | - | - | - | - | - | - | n/a | - | n/a | + | - | - | - |
| Cooke et al 2005a (20) | - | + | + | + | - | + | - | - | - | - | - | - | - | - | - | - | + | + | - | + | n/a | - | n/a | + | + | + | + |

***Supplemental table S3: Quality appraisal of articles using the PRISMA checklist***

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