Supplementary material 5. Risk of bias of included studies per criteria (items 1-11) described in supplementary material 2. Sum scores in bold are of high quality (≥75%)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **First author; Year**  | **Item 1** | **Item 2** | **Item 3** | **Item 4** | **Item 5a** | **Item 5b** | **Item 6** | **Item 7** | **Item 8** | **Item 9** | **Item 10** | **Item 11** | **Sumscore** |
| 1 | Andersen; 2000 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 0 | 1 | 0 | 1 | 63% |
| 2 | Autenrieth; 2011 | 2 | 2 | 2 | 2 | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **92%** |
| 3 | Barengo; 2004 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **96%** |
| 4 | Besson; 2008 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | **88%** |
| 5 | Chau; 2015 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | **96%** |
| 6 | Clays; 2014 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | **83%** |
| 7 | Etemadi; 2014 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | **92%** |
| 8 | Franzon; 2015 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | **83%** |
| 9 | Graff-Iversen; 2007 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | **88%** |
| 10 | Harari; 2015 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **96%** |
| 11 | Holtermann; 2010A | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | **96%** |
| 12 | Holtermann; 2010B | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | **96%** |
| 13 | Holtermann; 2011 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | **96%** |
| 14 | Holtermann; 2012A | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **96%** |
| 15 | Holtermann; 2012B | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | **96%** |
| 16 | Holtermann, 2016 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **100%** |
| 17 | Hu; 2014 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | **88%** |
| 18 | Huerta; 2016 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **69%** |
| 19 | Krause; 2017 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **100%** |
| 20 | Kristal-Boneh; 2000 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | **83%** |
| 21 | Lapidus; 1986 | 0 | 2 | 0 | 0 | 1 | 2 | 1 | 0 | 1 | 0 | 1 | 1 | 38% |
| 22 | Menotti; 2006 | 1 | 2 | 1 | 1 | 0 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 71% |
| 23 | Menotti; 2016 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | **92%** |
| 24 | Moe; 2013 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | **96%** |
| 25 | Petersen; 2012 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | **96%** |
| 26 | Richard; 2015 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | **88%** |
| 27 | Rosengren; 1997 | 2 | 2 | 1 | 2 | 0 | 2 | 1 | 1 | 2 | 1 | 1 | 2 | 71% |
| 28 | Seccareccia; 1992 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 0 | 0 | 1 | 2 | 67% |
| 29 | Stamatakis; 2013 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | **96%** |
| 30 | Stender; 1993 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | **79%** |
| 31 | Turi; 2016 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | **96%** |
| 32 | Wanner; 2014 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | **88%** |
| 33 | Yu; 2003 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | **86%** |