

Appendix 1. Summary of original studies in the literature review (2018-2022)

Total number of original studies		
110	cross sectional	
25	observational longitudinal	
21	interventions	
64	reviews	
13	treatments	
9	others	
178 original publications		
Participant n*		Total (%)
19077	females	80 %
4745	males	20 %

*some publications are duplicates of a single study; the total number of participants ('n') reflects all publications (including duplicates).