

Appendix 2. Quality Assessment for the included study

First author, (year)	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Total (Yes)
Baracks et al., (2018) ³⁸	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Lynall et al., (2020) ⁴⁰	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Murray et al., (2020) ⁴¹	Yes	Yes	CD	Yes	No	Yes	Yes	NA	Yes	No	Yes	No	Yes	No	8
Rochefort et al., (2017) ⁴²	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Cochrane et al., (2021) ⁴³	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Hides et al., (2017) ⁴⁴	Yes	Yes	CD	Yes	No	Yes	Yes	NA	Yes	Yes	Yes	No	Yes	No	9
King et al., (2014) ⁴⁵	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Howell et al., (2019) ³⁹	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	Yes	6
Parrington et al., (2019) ⁴⁶	Yes	Yes	CD	Yes	No	Yes	Yes	NA	Yes	Yes	Yes	No	Yes	No	9
Howell et al., (2019) ⁵⁰	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	Yes	6
Lynall et al., (2019) ⁵¹	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Martini et al., (2011) ⁵²	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Howell et al., (2020) ⁵³	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Howell et al., (2018) ⁵⁴	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Papeet al., (2020) ⁵⁵	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Sambasivan et al., (2015) ⁵⁶	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Loyd et al., (2022) ⁵⁷	Yes	Yes	CD	Yes	Yes	No	No	NA	Yes	No	Yes	No	NA	No	6

Solomito et al., (2018) ⁴⁷	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Stuart et al., (2020) ⁴⁸	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Howell et al., (2013) ⁴⁹	Yes	Yes	CD	Yes	No	Yes	Yes	NA	Yes	Yes	Yes	No	Yes	No	9
Lee et al., (2021) ¹⁸	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Lynall et al., (2018) ⁶⁰	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Avedesian et al., (2020) ¹⁷	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Shumski et al., (2021) ⁵⁸	Yes	Yes	CD	Yes	Yes	No	No	NA	Yes	No	Yes	No	NA	No	6
Dubose et al., (2017) ⁶¹	Yes	Yes	CD	Yes	No	Yes	Yes	NA	Yes	Yes	Yes	No	Yes	No	9
Avedesian et al., (2021) ⁵⁹	Yes	Yes	CD	Yes	Yes	No	No	NA	Yes	No	Yes	No	NA	No	6
Lapointe et al., (2018) ²¹	Yes	Yes	CD	Yes	No	No	No	NA	Yes	No	Yes	No	NA	No	5
Total (Yes)	27	27	0	27	3	5	5	0	27	4	27	0	5	2	

Q1: Was the research question or objective in this paper clearly stated?, Q2: Was the study population clearly specified and defined?, Q3: Was the participation rate of eligible persons at least 50%?, Q4: Were all the subjects selected or recruited from the same or similar populations (including the same time period)? Were inclusion and exclusion criteria for being in the study prespecified and applied uniformly to all participants?, Q5: Was a sample size justification, power description, or variance and effect estimates provided?, Q6: For the analyses in this paper, were the exposure(s) of interest measured prior to the outcome(s) being measured?, Q7: Was the timeframe sufficient so that one could reasonably expect to see an association between exposure and outcome if it existed?, Q8: For exposures that can vary in amount or level, did the study examine different levels of the exposure as related to the outcome (e.g., categories of exposure, or exposure measured as continuous variable)?, Q9: Were the exposure measures (independent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?, Q10: Was the exposure(s) assessed more than once over time?, Q11: Were the outcome measures (dependent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?, Q12: Were the outcome assessors blinded to the exposure status of participants?, Q13: Was loss to follow-up after baseline 20% or less?, Q14: Were key potential confounding variables measured and adjusted statistically for their impact on the relationship between exposure(s) and outcome(s)? CD: Cannot Determine, NA: Not Applicable