

**Supplementary Table 3.** Risk of Bias Table

	Selection bias	Exposure measure	Performance bias	Outcome measure	Attrition bias	Overall			
							Chuang et al, (2012)	● ●	Acceptable
							Cooper-Patrick et al, (1997)	●	● Acceptable
							Da Silva et al., (2012)		● Good
							Dugan et al, (2015)		● Good
							Edwards et al, (2016)	●	● Acceptable
Abjibade et al, (2018)	●		●		● Low		Ensari et al, (2014)	●	● Acceptable
Amara et al, (2019)			●		● Acceptable		Ernstsen et al, (2016)	● ●	● Low
Anagnostopoulos et al, (2015)	●	●			● Low		España-Romero et al, (2013)	●	● Good
Andrade-Gomez et al, (2018)					● Good		Farmer et al, (1988)	●	● Acceptable
Augestad et al, (2008)	●				● Acceptable		Ford et al, (1998)	● ●	Low
Backmand et al, (2009)					● Good		Foreyt et al, (1995)	● ● ●	Low
Ball et al, (2009)					● Good		Fukukawa, (2004)	●	Good
Baumeister et al, (2017)		●			● Acceptable		Gallegos-Carrillo et al, (2013)		● Good
Beard et al, (2007)	●				● Acceptable		Garcia-Pena et al, (2013)	●	● Acceptable
Bernaards et al, (2006)	●	●			● Low		Giltay et al, (2006)	● ●	● Low
Bots et al, (2007)		●			● Acceptable		Gudmundsson et al, (2015)	● ●	● Low
Boyes et al, (2013)	●		●		● Low		Hallgren et al, (2019)	●	● Good
Branstrom et al, (2015)	●	●			● Low		Hamer et al, (2009)		● Good
Brown et al, (1996)	●	●			● Low		Han et al, (2019)	●	● Acceptable
Brown et al, (2005)					● Good		Harvey et al, (2017)		● Good
Brunet et al, (2018)	●				● Acceptable		Henchoz et al, (2014)	● ●	● Low
Byers et al, (2012)					● Good		Herbolsheimer et al, (2018)	● ●	● Low
Cabello et al, (2017)	●				● Acceptable		Hiles et al, (2015)	● ●	● Low
Camacho et al, (1991)		●			● Acceptable		Hiles et al, (2017)	●	● Acceptable
Capella McDonnall, (2011)	●	●			● Low		Hurwitz, (2003)	●	● Acceptable
Carroll et al, (2010)		●			● Acceptable		Ivanova et al, (2016)	● ●	● Low
Chang et al, (2015)		●			● Acceptable		Jantunen et al, (2019)		● Good
Chang et al, (2017)		●			● Acceptable		Joshi et al, (2016)		● Good
Chao, (2014)		●			● Acceptable		Kanamori et al, (2018)	●	● Acceptable
Chen & Millar, (1999)	●				Good		Kaseva et al, (2016)	●	● Acceptable
Chi et al, (2016)	●	●			● Low		Khalaila & Litwin (2014)	●	● Acceptable
Choi et al, (2015)		●			● Acceptable		Khalaila, (2016)	●	● Acceptable
Choi et al, (2019)	●				● Acceptable		Knox et al, (2006)		● Good

Kritz-Silverstein et al, (2001)	●	● Acceptable	Strawbridge et al, (2002)	●	● Acceptable
Ku at al, (2009)	●	● Acceptable	ten Have et al, (2011)	●	● Acceptable
Ku at al, (2012)	●	● Acceptable	Tsai et al, (2013)	●	● Acceptable
Lampinen et al, (2000)	● ● ●	● Low	Uebelacker et al, (2013)	●	● Acceptable
Lee et al, (2017)	● ● ●	● Low	Uemura et al, (2017)	●	● Acceptable
Lindwall et al, (2011)	● ●	Low	Van Gool et al, (2003)	● ●	● Low
Lindwall et al, (2014)	● ●	● Low	van Uffelen et al, (2013)		● Good
Lucas et al, (2011)	● ●	● Low	Veronese et al, (2017)	●	● Acceptable
McDowell et al, (2018)	●	Good	Visser et al, (2018)		● Low
Messier et al, (2013)	● ● ●	Low	Wang et al, (2011)	● ●	Acceptable
Mihrshahi et al, (2014)		● Good	Watts et al, (2018)	● ●	Acceptable
Mobily et al, (1996)	● ●	● Low	Weyerer, (1992)	● ●	● Low
Monin et al, (2015)	●	● Acceptable	Wise et al, (2006)		Good
Morgan & Bath, (1998)	● ●	● Low	Xie et al, (2019)		● Good
Motl et al, (2012)	●	● Acceptable	Yang et al, (2014)	●	● Acceptable
Oh et al, (2019)	●	Good	Yoshida et al., (2015)	●	● Acceptable
Ohrnberger et al, (2017)		● Good	Zhang et al, (2018)	●	● Acceptable
Paffenbarger et al, (1994)	●	● Acceptable			
Park et al., (2015)		● Good	Probable that risk of bias is present	<input checked="" type="checkbox"/>	
Perrino et al, (2010)	●	● Acceptable	Unlikely that risk of bias is present	<input type="checkbox"/>	
Pinto Pereira et al, (2014)	●	● Acceptable			
Poole & Jackowska (2018)		● Good			
Quezada et al, (2017)	●	● Acceptable			
Raudsepp & Riso (2017)	● ●	● Low			
Ribeiro et al, (2017)	●	● Acceptable			
Rius-Ottenheim et al, (2013)	●	● Acceptable			
Roh et al, (2015)	●	● Acceptable			
Rubin et al, (2005)	● ●	● Low			
Ruiz-Estigarribia et al, (2019)	●	● Acceptable			
Sanchez-Villegas et al, (2008)		● Good			
Sin et al, (2016)	●	● Acceptable			
Smith et al, (2010)	●	● Acceptable			
Stewart et al, (1994)	●	● Acceptable			