Supplementary Table 3. Risk of Bias Table

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

Study	C1	C2	C3	C4	Rating
Kritz-Silverstein et al, (2001)		●		●	Acceptable
Ku at al, (2009)		●		●	Acceptable
Ku at al, (2012)		●		●	Acceptable
Lampinen et al, (2000)	●	●	●	●	Low
Lee et al, (2017)	●	●	●	●	Low
Lindwall et al, (2011)	●	●			Low
Lindwall et al, (2014)	●		●	●	Low
Lucas et al, (2011)	●		●	●	Low
McDowell et al, (2018)	●				Good
Messier et al, (2013)	●	●	●		Low
Mihrshahi et al, (2014)				●	Good
Mobily et al, (1996)	●	●		●	Low
Monin et al, (2015)	●			●	Acceptable
Morgan & Bath, (1998)	●	●		●	Low
Motl et al, (2012)	●			●	Acceptable
Oh et al, (2019)	●				Good
Ohrnberger et al, (2017)				●	Good
Paffenbarger et al, (1994)	●			●	Acceptable
Park et al., (2015)				●	Good
Perrino et al, (2010)		●		●	Acceptable
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
Strawbridge et al, (2002)		●		●	Acceptable
ten Have et al, (2011)		●		●	Acceptable
Tsai et al, (2013)		●		●	Acceptable
Uebelacker et al, (2013)	●			●	Acceptable
Uemura et al, (2017)		●		●	Acceptable
Van Gool et al, (2003)	●	●		●	Low
van Uffelen et al, (2013)				●	Good
Veronese et al, (2017)		●		●	Acceptable
Visser et al, (2018)				●	Low
Wang et al, (2011)	●	●			Acceptable
Watts et al, (2018)	●		●		Acceptable
Weyerer, (1992)	●	●		●	Low
Wise et al, (2006)					Good
Xie et al, (2019)				●	Good
Yang et al, (2014)	●			●	Acceptable
Yoshida et al., (2015)		●		●	Acceptable
Zhang et al, (2018)	●			●	Acceptable

Probable that risk of bias is present — ●

Unlikely that risk of bias is present — ☐