### Additional file 4. Results from quality assessment using the Epidemiological Appraisal Instrument (21 included studies)

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Black shading = “yes”, Grey shading = “partial”, White (no shading) = “no” or “unable to determine”, . = “not applicable”
| Q37. Adjustment for extrinsic variables | 1 | 16 | 18 | 13 | 20 | 17 | 13 | 14 | 12 |
| Q38. Is follow up time adequate | 1 | 16 | 19 | 18 | 12 | 20 | 18 | 14 | 13 |
| Q39. Follow up time differences | 1 | 16 | 19 | 18 | 12 | 20 | 18 | 14 | 13 |
| Q40. Reported data ≥3 levels of associated factors | 1 | 16 | 19 | 18 | 12 | 20 | 18 | 14 | 13 |
| Q41. Reported data for subgroups of participants (e.g. by gender or age) | 1 | 16 | 19 | 18 | 12 | 20 | 18 | 14 | 13 |
| Q42. Generalisability of results to study population (participation rate) | 1 | 16 | 19 | 18 | 12 | 20 | 18 | 14 | 13 |
| Q43. Generalisability of results to other populations (random sampling) | 1 | 16 | 19 | 18 | 12 | 20 | 18 | 14 | 13 |
| Overall quality score (range 0 to 2) | 1.2 | 1.3 | 1.4 | 1.3 | 1.6 | 1.3 | 1.7 | 1.1 | 1.4 | 1.3 |

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Overall quality score (range 0 to 2) 1 1.2 1.1 1.3 1.3 0.8 1.4 1.5 1.1 1.3 1.5