

Supplement 3: Quality Assessment for KQ1-KQ16

Table 1. Risk of bias for the observational studies included under KQ1-KQ16 as assessed by a modified Newcastle Ottawa Scale.

Achilli 2020	NOS	Moderate
Chia 2016	NOS	Low
Indrakusuma 2015	NOS	Low
Janssen 2019/2020	NOS	Low
McDonald 2018	NOS	Moderate
Souwer 2018	NOS	Low
van der Vlies 2020	NOS	Low
Watanabe 2020	NOS	High
Yamamoto 2017	NOS	High

Table 2. Risk of bias for the RCTs included under KQ1-KQ16 as assessed by a modified Cochrane Risk of Bias tool.

Barberan-Garcia 2018	Cochrane Rob2	Low
Carli 2020	Cochrane Rob2	Low
Janssen 2021	Cochrane Rob2	High
Karlsson 2019	Cochrane Rob2	High
Keeler 2017	Cochrane Rob2	Low
Okazaki 2013	Cochrane Rob2	High
Ommundsen 2018	Cochrane Rob2	High