

Supplementary Table 1. Quality of individual non-randomized controlled trial methodology

Study	Selection*				Comparability†		Exposure‡			Newcastle-Ottawa Scale score
	1	2	3	4	5A	5B	6	7	8	
Hwang 2017 [7]	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	6
Chang 2020 [4]	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	7
Yen 2020 [5]	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	7
Ow 2021 [8]	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	7
Gerka Stuyt 2021 [6]	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	7
Rosi-Schumacher 2023 [9]	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	7

A star rating system was used to indicate the quality of a study, with a maximum rating of nine stars. A study could be awarded a maximum of one star for each numbered item within selection and exposure categories. *selection (4 items): adequacy of case definition; representativeness of cases; selection of controls; definition of controls; †comparability (1 item): comparability of cases and controls on the basis of design or analysis; ‡exposure (3 items): ascertainment of exposure; same method of ascertainment used for cases and controls; and non-response rate (same rate for both groups)