

Supplementary Table 1. Study quality assessment using Newcastle–Ottawa scale for case-control studies

Study	Selection				Comparability of cohorts	Outcome			Total score
	Adequate case definition	Representativeness of cases	Selection of controls	Definition of controls		Ascertainment of exposure	Same method of ascertainment	Non-response rate	
Leung et al. (2014) ³²	*	*	-	-	*	*	-	*	5
Tiedt et al. (2017) ¹⁹	*	*	-	-	**	*	-	*	6
Sepramaniam et al. (2014) ²⁰	*	*	-	-	*	*	-	-	4
Long et al. (2013) ²⁷	*	*	-	*	**	*	*	*	8
Huang et al. (2016) ²⁸	*	*	-	*	**	*	-	*	7
Zhao et al. (2016) ³⁰	*	-	-	-	*	*	-	-	3
Li et al. (2018) ²²	*	-	-	*	**	*	-	*	6
Ma et al. (2019) ²³	*	-	-	*	**	*	-	*	6
Yoo et al. (2019) ²⁴	*	-	-	-	**	*	-	*	5
Wang et al. (2016) ³⁶	*	-	-	-	-	*	-	-	2
Wang et al. (2014) ³³	-	*	*	*	*	*	-	*	6
Jickling et al. (2016) ⁴¹	*	*	-	*	**	*	-	*	7
Tian et al. (2016) ²⁵	-	*	-	-	**	-	-	*	4
Chen et al. (2018) ³⁷	*	*	*	*	**	*	-	*	8
Jin et al. (2017) ³⁴	*	*	-	*	**	*	-	*	7
Xiang et al. (2017) ²¹	*	-	-	-	*	*	-	*	4
Jin et al. (2018) ³⁵	*	*	-	*	**	*	-	*	7
Jia et al. (2015) ³⁸	*	*	*	*	**	*	-	*	8
Li et al. (2015) ²⁹	*	-	-	-	*	*	-	*	4
Liu et al. (2015) ²⁶	*	*	-	-	-	*	-	*	3
Wang et al. (2017) ³⁹	*	-	-	*	**	*	-	*	6
Zhou et al. (2018) ⁴⁰	*	*	*	*	**	*	-	*	8

A maximum of one star is awarded for each numbered item within the selection and outcome categories and a maximum of two stars are awarded for comparability. A final quality score ranges from 0–9. Studies are classified as having high quality if score is 7–9, medium quality if score is 4–6 and low quality if score is 0–3.