**Supplementary table 1 Risk of bias analysis of cohort studies**

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| NOS - Risk Bias Assessment | reference |
| Selection | Comparability | Outcome |
| Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that outcome of interest was not present at start of study | Comparability of cohorts on the basis of the design or analysis controlled for confounders | Assessment of outcome | Was follow-up long enough for outcomes to occur | Adequacy of follow-up of cohorts |  |
| yes | yes | yes | yes | yes | yes | yes | yes | (23) |
| yes | yes | yes | yes | yes | unclear | yes | no | (20) |
| yes | yes | yes | unclear | yes | yes | yes | yes | (22) |
| yes | yes | yes | unclear | yes | yes | unclear | no | (21) |
| yes | yes | yes | yes | yes | unclear | yes | yes | (19) |

**Supplementary table 2 Risk of bias analysis of randomized controlled studies**

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| **ROB 2 analysis** |
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| **Random sequence generation (selection bias)** | **Allocation concealment (selection bias)** | **Blinding of participants and personnel (performance bias): All outcomes** | **Blinding of outcome assessment (detection bias): All outcomes** | **Incomplete outcome data (attrition bias): All outcomes** | **Selective reporting (reporting bias)** | **Other bias** | **Refer3ence** |
| yes | yes | yes | yes | yes | yes | unclear | (15) |
| yes | yes | yes | unclear | yes | yes | yes | (16) |
| yes | unclear | yes | unclear | yes | yes | unclear | (17) |
| yes | unclear | yes | yes | yes | yes | unclear | (18) |