

Newcastle-Ottawa scale scores and quality assessment of included studies

study	Selection				Comparability	Outcome			Quality*
	Representativeness	Selection	Ascertainment	Outcome		Assessment	Follow-up	Adequacy	
Freeman-Keller 2016	*	*	*	*	**	-	*	*	Good(8)
Nakamura 2017	*	*	*	*	**	*	*	*	Good(9)
Akano 2019	*	*	-	*	**	*	-	*	Good(7)
Chan 2019	*	*	*	*	**	*	*	*	Good(9)
Lee 2019	*	*	*	*	**	*	-	*	Good(8)
Quach 2019	*	*	*	*	**	*	-	*	Good(8)
Aso 2020	*	*	*	*	*	*	*	*	Good(9)
Bottlaender 2020	*	*	*	*	-	-	*	*	Moderate(6)
Khan 2020	*	*	*	-	**	*	-	-	Moderate(6)

*Total stars awarded