

Table.2a.Results of quality assessment using the Newcastle–Ottawa Scale(NOS) for cohort and case control studies

	Selection	Comparability	Exposure	outcome
Study				
Wang, Jingjing 2021	★★★★	★	★★★	★★★★★★★★★
Hou, Yilin 2021	★★★★	★	★★★	★★★★★★★★★
Franceschi, Enrico 2019	★★★★	★	★★★	★★★★★★★★★
Gai, Xiu-juan 2016	★★★★	★	★★★	★★★★★★★★★

Table.2b.Results of quality assessment using the Modified Jadad Score for RCT

	Random	Allocation	Blinding method	Withdrawal	Score
Study	sequence	concealment			
	production				
Qiu,Xiaoguang 2022	2	1	0	1	4
van den Bent, Martin J2021	2	1	0	1	4