

**Table S1.** Risk of Bias assessment in non randomized clinical studies.

Authors (year of publication)	Type of study	Pre-intervention domains			At-intervention domain	Post-intervention domains			Overall Risk of Bias
		<i>Confounding bias</i>	<i>Selection bias</i>	<i>Information bias</i>	<i>Confounding bias</i>	<i>Selection bias</i>	<i>Information bias</i>	<i>Reporting bias</i>	
<b>Dell’Osso et al. (2010) [30]</b>	Longitudinal study	Moderate	Moderate	Low	Moderate	Low	Low	Moderate	Moderate
<b>Jakubovski et al. (2013) [31]</b>	Longitudinal study	High	Moderate	Low	High	Moderate	High	High	High
<b>Dell’Osso et al. (2015) [32]</b>	Cross-sectional study	High	Low	Moderate	Low	Low	Moderate	Moderate	High
<b>Poyraz et al. (2015) [33]</b>	Cross-sectional study	Moderate	Low	Low	Moderate	Low	Low	Low	Moderate
<b>Dell’Osso et al. (2017) [34]</b>	Cross-sectional study	Moderate	Low	Low	Low	Low	Moderate	Low	Moderate
<b>Albert et al. (2019) [17]</b>	Retrospective study	Moderate	Low	Low	Low	Low	Moderate	Moderate	Moderate
<b>Perris et al. (2021) [35]</b>	Longitudinal study	Low	Low	Low	Low	Low	Low	Low	Low
<b>Zheng et al. (2021) [36]</b>	Longitudinal study	Moderate	Low	Low	Moderate	Low	Moderate	Low	Moderate