Table S1. Quality scores of the case-control studies included in the meta-analysis, assessed by the Newcastle-Ottawa scale.

Newcastle-Ottawa scale for assessment of quality of included studies - Case-control studies (each asterisk represents if individual criterion within the subsection was fulfilled).

Author	Year	Selection				Comparability		Exposure			Overall quality
		Case definition	Represen-tativen-ess of the cases	Selecti-on of Controls	Definit-ion of Controls	Control for the most import-ant factor	Control for any additi-onal factors	Ascert-ainme-nt of exposu-re	Same method for cases and controls	Non-Respo-nse Rate	
Ceresoli [29]	2018	*	*	0	0	*	*	*	*	*	**7**
He [25]	2021	*	*	*	*	*	*	*	*	0	**8**
Lei [34]	2020	*	*	0	*	*	*	*	*	0	**7**
Lim [27]	2022	*	*	*	*	*	*	*	*	0	**8**
Marrelli [31]	2021	*	*	0	0	*	*	*	*	*	**7**
Mendivil [18]	2017	*	*	*	*	*	*	*	*	0	**8**
Van Driel [12]	2018	*	*	*	*	*	*	*	*	0	**8**
Wu [30]	2022	*	*	*	*	*	*	*	*	0	**8**
Ghirardi [22]	2022	*	*	*	0	*	*	*	*	0	**7**
Cascales Campos [20]	2014	*	*	0	0	*	*	*	*	*	**7**
Cascales Campos [21]	2015	*	*	0	0	*	*	*	*	*	**7**
Zivanovic [19]	2021	*	*	*	*	*	*	*	*	*	**9**
Safra [23]	2014	*	*	0	*	*	*	*	*	0	**7**
Fagotti [26]	2012	*	*	*	*	*	*	*	*	0	**8**
Baiocchi [33]	2015	*	*	*	*	*	*	0	*	*	**8**
Munoz-Casares [32]	2009	*	*	*	0	*	*	0	*	*	**6**
Biacchi [24]	2019	*	*	0	*	*	*	*	*	*	**8**

Table S2: Quality Assessment for RCTs* (Method: Cochrane Collaboration's Tool for Assessing Risk of Bias)

Author	Selection bias		Performance bias	Detection bias	Attrition bias	Reporting bias	Other bias	Total
	Random sequence generation	Allocation concealment	Binding of participant and personnel	Blinding of outcome assessment	Incomplete outcome data	Selective reporting	Anything else, ideally prespecifed	Low on risk of bias
Spiliotis [14]	Low	Low	Low	Low	Low	Unclear	Low	7-Jun

RCTs*=randomized controlled trials