

**Table S3.** The Newcastle-Ottawa Quality Assessment Scale modified for cross-sectional studies (Max. 8\*)

Note: A maximum of one star (\*) is awarded for each numbered item.

**SELECTION (max. 4\*)**

**1) Representativeness of the sample**

- a) Truly representative of the average conditions in the community \*
- b) Somewhat representative of the average conditions in the community \*
- c) Selected group of the average conditions (eg. more than 60 years old, women)
- d) No description of the derivation of the sample

**2) Sample size<sup>§</sup>**

- a) Justified and satisfactory \*
- b) Not justified or satisfactory

<sup>§</sup> The sample size is estimated using G\*Power 3.1.9.7 (t test-means). For small, medium, and large effect size, the d is estimated as 0.2, 0.5 and 0.8, respectively. Therefore, at least 26, 64 or 394 per group is needed to detect the different effect size by a 5% significance level tested with 80% power.

**3) Ascertainment of exposure**

- a) Related parameters assessment\*
- b) Record linkage
- c) Self report
- d) No description

**4) Non-response rate**

- a) Comparability between respondents and non-respondents characteristics is established, and the response rate is described.\*
- b) No description of the response rate or the characteristics of the responders and the non-responders.

### **COMPARABILITY (max. 2\*)**

#### **1) The subjects in different outcome groups are comparable, based on the study design or analysis. Confounding factors are controlled.**

- a) The study controls for the most important factor (smoking or BMI) \*
- b) The study controls for any additional factors (eg. age, gender) \*

### **OUTCOME (max. 2\*)**

#### **1) Assessment of outcome**

- a) Related parameters assessment\*
- b) Record linkage
- c) Self report
- d) No description

#### **2) Statistical analysis**

- a) The statistical analysis used to analyze the data is clearly described and the measurement of the association is presented, including mean differences  $\pm$  standard deviation and the probability level ( $p$  value).\*
- b) The statistical analysis used to analyze the data is not described or incomplete.