**The Newcastle-Ottawa Scale (NOS) for assessing the quality of cohort studies.**

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| **Author** |

 | **Selection** | **Comparability** | **Assessment of outcome** | **Total quality score** |
| **Representativeness of exposure arm (s)** | **Selection****of the comparative arm (s)** | **Origin of exposure source** | **Demonstration that outcome of interest was not present at start of study** | **Studies controlling the most important factors** | **Studies controlling the other main factors** | **Assessment of outcome with independency** | **Adequacy of follow-up length (to assess outcome)** | **Lost to follow-up acceptable (less than 10% and reported)** |  |
| Boyle et al (2015)[17] | \* | - | \* | \* | \* | \* | \* | \* |  | 7 |
| Chen et al (2015)[18] | \* | \* | \* | \* | \* | \* | \* | \* |  | 8 |
| Kor et al (2011)[20] | \* | \* | - | \* | \* | \* | \* | \* |  | 7 |
| Mazzeffi et al (2015)[28] | \* | \* | \* | \* | \* | \* | - | \* |  | 7 |

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| O’Neal et al (2011)[29] | \* | \* | - | \* | \* | \* | \* | \* |  | 7 |
| Tuinman et al (2012)[30] | \* | \* | \* | \* | \* | \* | \* | \* |  | 8 |

**RCT risk of bias recommended by the Cochrane Collaboration.**

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| Author(year) | random sequence generation |  | allocation concealment |  | blinding ofparticipants and staff |  | blinding of outcome assessors |  | incompleteoutcome data |  | selective outcome reporting |  | other biases |
| Kor et al (2016)[27] |  |  |  |  |  |  |  |  |  |  |  |  |  |

 Low risk bias

 unclear

 high risk bias