**Appendix 2. Modified Newcastle-Ottawa Quality Assessment Scale for Cohort/Case control studies**

Note: A study can be awarded a maximum of one star for each numbered item within the Selection and Outcome categories. A maximum of two stars can be given for Comparability

**SELECTION**

1. AN group was adequately defined
	1. diagnostic classification reference with inclusion/exclusion criteria clearly defined \*
	2. diagnostic classification reference only
2. Representative control selection
	1. Community controls \*
	2. Hospital controls/selected group of controls eg nurses/family members
	3. No description of the derivation of controls
3. Definition of controls
	1. No history of disease & inclusion/exclusion criteria adequately defined \*
	2. No description

**COMPARABILITY**

1. Comparability of groups on the basis of the design or analysis
	1. Study controlled for BMI \*
	2. Study controlled for additional factors \*

**OUTCOME**

1. Assessment of outcome was adequately conducted
	1. Appropriate guidelines and methodology specified \*
	2. Inadequate/no description
2. Were the methods (including statistical methods) sufficiently described to be able them to be repeated?
	1. Yes \*
	2. No
3. Were the basic data adequately presented
	1. Data were clearly and adequately presented including confidence intervals where appropriate \*
	2. Data were not adequately presented
4. Were the authors’ discussions and conclusions justified by the results?
	1. Yes \*
	2. No
5. Were the limitations of the study discussed?
	1. Yes \*
	2. No

Risk of bias in studies was assessed by using a modified version of the Newcastle-Ottawa Quality Assessment Scale. The studies were scored out of 10; 6 or more points was considered to be at low risk of bias, studies that scored 4-5 points to be at moderate risk, and those with less than 4 points to be at high risk of bias.