**Supplementary Material**

**Table S1**. The Joanna Briggs Institute (JBI) critical appraisal checklist for longitudinal studies.

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| **Study**  | **Questions** | **Score %** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | 10 | 11 |
| Bargheet et al., 2023 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | unclear | unclear | Yes | 9/11 (81.8%) |
| Lebeaux et al., 2021. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | unclear | unclear | Yes | 9/11 (81.8%) |
| Pärnänen et al., 2018 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | unclear | unclear | Yes | 9/11(81.8%) |
| Li et al., 2021. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | unclear | unclear | Yes | 9/11 (81.8%) |
| Zhang et al., 2022 | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | unclear | unclear | Yes | 8/11(72.7%) |

The checklist questions include **1:** Were the two groups similar and recruited from the same population; **2.** Were the exposures measured similarly to assign people to both exposed and unexposed groups? **3.**Was the exposure measured in a valid and reliable way? **4**. Were confounding factors identified? **5.** Were strategies to deal with confounding factors stated? **6.**Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)? **7.**Were the outcomes measured in a valid and reliable way? **8.**Was the follow up time reported and sufficient to be long enough for outcomes to occur? **9.**Was follow up complete, and if not, were the reasons to loss to follow up described and explored? **10**. Were strategies to address incomplete follow up utilized? **11.** Was appropriate statistical analysis used?

**Table S2.** The Joanna Briggs Institute (JBI) critical appraisal checklist for cross-sectional studies.

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| **Study**  | **Questions** | **Score (%)** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| Pereira-Dias et al., 2021. | Yes | Yes | Yes | Yes | unclear | unclear | Yes | Yes | 6/8 (75%) |
| Trinh et al., 2023. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 8/8 (100%) |
| Wang et al., 2021. | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 8/8(100%) |
| Dwiyanto et al., 2023 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 8/8 (100%) |
| Clemente et al., 2015. | Yes | Yes | Yes | Yes | Yes | Yes | unclear | Yes | 7/8(87.5%) |
| Khan et al., 2019 | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 8/8(100%) |

The checklist questions include: **1**. Were the criteria for inclusion in the sample clearly defined? **2**. 2. Were the study subjects and the setting described in detail? **3**. Was the exposure measured in a valid and reliable way? **4**.Were objective, standard criteria used for measurement of the condition **5**. Were confounding factors identified **6**. Were strategies to deal with confounding factors stated? **7**. Were the outcomes measured in a valid and reliable way? **8**. Was appropriate statistical analysis used?.