**Table Xs – Quality Appraisal of Included Studies**

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| **Newcastle-Ottawa Quality Assessment Scale**  | **Engstrom****2011 [1]** | **Monteagudo-Vela 2019 [2]** | **Ouweneel 2018 [3]** |
| Selection | Representativeness of the exposed cohort | truly representative of the average \_\_\_\_\_\_\_\_\_\_ in the community |  |  |  |
| somewhat representative of the average \_\_\_\_\_\_\_\_\_\_ in the community | x | x | x |
| selected group of users eg nurses, volunteers |  |  |  |
| no description of the derivation of the cohort |  |  |  |
| Selection of the non exposed cohort | drawn from the same community as the exposed cohort | x | x | x |
| drawn from a different source |  |  |  |
| no description of the derivation of the non exposed cohort |  |  |  |
| Ascertainment of exposure | secure record | x | x | x |
| structured interview |  |  |  |
| written self report |  |  |  |
| no description |  |  |  |
| Demonstration that outcome of interest was not present at start of study | Yes | x | x | x |
| No |  |  |  |
| Comparability | Comparability of cohorts on the basis of the design analysis | study controls for the most important factors\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |
| study controls for any additional factor | x | x | x |
| Outcome | Assessment of outcome | indipendent blind assessment |  |  |  |
| record linkage | x | x | x |
| self report |  |  |  |
| no description |  |  |  |
| Was follow up long enough for outcomes to occur | yes | x | x | x |
| no |  |  |  |
| Adequacy of follow up cohorts | complete follow up- all subjects accounted for | x | x | x |
| subjects lost to follow up unlikely to introduce bias- small number lost-> \_\_\_\_\_% follow up, or description provided of those lost |  |  |  |
| follow up rate <\_\_\_\_\_% and no description of those lost |  |  |  |
| no statement |  |  |  |
|  |  | Total | 8 | 8 | 8 |