

Appendix 2. Risk of bias table for interventions studies (cohort studies based on risk of bias tool by the CLARITY Group at McMaster University)

Author, year	Selection of participants Was selection of exposed and non-exposed cohorts drawn from the same population?	Exposure Can we be confident in the assessment of exposure?	Outcome of interest Can we be confident that the outcome of interest was not present at start of study?	Confounding-assessment Can we be confident in the assessment of confounding factors?	Confounding-analysis Did the study match exposed and unexposed for all variables that are associated with the outcome of interest or did the statistical analysis adjust for these confounding variables?	Assessment of outcome Can we be confident in the assessment of outcome?	Follow up Was the follow up of cohorts adequate? In particular, was outcome data complete or imputed?	Co-interventions Were co-interventions similar between groups?	Overall Risk of bias
Alsved (2018)	Definitely no	Probably yes	Definitely yes	Definitely no	Definitely no	Probably yes	Probably yes	No information	Some concerns
Marsault (2021)	Definitely no	Probably no	Probably no	Definitely no	Definitely no	Probably yes	Probably yes	No information	High