**Table S1: Relevant questions of the NIH (National Institute of Health) Quality Assessment Tool for Observational and Cross-Sectional Studies for evaluating study quality for inclusion in the IPD Meta-analysis**

|  |
| --- |
| Q1: research question - Was the research question or objective in this paper clearly stated? |
| Q2: study population - Was the study population clearly specified and defined? |
| Q3: participation rate - Was the participation rate of eligible persons at least 50%? |
| Q4: recruitment - Were all the subjects selected or recruited from the same or similar populations (including the same time period)? Were inclusion and exclusion criteria for being in the study prespecified and applied uniformly to all participants? |
| Q6: exposure measured prior to the outcome - For the analyses in this paper, were the exposure(s) of interest measured prior to the outcome(s) being measured? |
| Q11: outcome measured or reported - Were the outcome measures (dependent variables) clearly defined, valid, reliable, and implemented consistently across all study participants? |
| Q12: blinding - Were the outcome assessors blinded to the exposure status of participants? |
| Q13: loss to follow-up <40% - Was loss to follow-up after baseline 40% or less? |