**Supplementary Material 8.** Joanna Briggs Institute Critical Appraisal Checklist for Cohort Studies [10]

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| **JBI Checklist no.** |  |
| Q1 | Were the two groups similar and recruited from the same population? |
| Q2 | Were the exposures measured similarly to assign people to both exposed and unexposed groups? |
| Q3 | Was the exposure measured in a valid and reliable way? |
| Q4 | Were confounding factors identified? |
| Q5 | Were strategies to deal with confounding factors stated? |
| Q6 | Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)? |
| Q7 | Were the outcomes measured in a valid and reliable way? |
| Q8 | Was the follow up time reported and sufficient to be long enough for outcomes to occur? |
| Q9 | Was follow up complete, and if not, were the reasons to loss to follow up described and explored? |
| Q10 | Were strategies to address incomplete follow up utilized? |
| Q11 | Was appropriate statistical analysis used? |

Answers: yes, no, unclear or not applicable (N/A).