Supplementary Table S2 Newcastle-Ottawa Scale adapted for cross-sectional studies scoring sheet

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Representativeness of the sample | Sample size | Non-respondents | Ascertainment of the exposure | Comparability – age | Comparability – sex | Assessment of the outcome | Statistical test | Total |
| Björntorp 1973 |  |  |  |  |  |  | **** | **** | 3 |
| Daniele 2011 | **** |  | **** | **** | **** | **** | **** | **** | 9 |
| Fernández-Real 1999 |  |  | **** | **** | **** | **** | **** | **** | 8 |
| Matsumura 2009 |  | **** |  | **** |  |  | **** | **** | 5 |
| Moorjani 1989 | **** | **** | **** |  | **** |  | **** | **** | 7 |
| Nishio 1990 |  |  | **** | **** | **** |  | **** | **** | 6 |
| Oppenheimer 1959 |  |  |  |  |  |  | **** | **** | 3 |
| Passeri 2015 | **** |  | **** | **** | **** | **** | **** | **** | 9 |
| Perseghin 2004 | **** |  |  |  | **** | **** | **** | **** | 6 |
| Poffenbarger 1976 | **** |  | **** |  | **** | **** | **** | **** | 7 |
| Renna 2017 | **** |  | **** | **** | **** |  | **** | **** | 7 |
| Spaziani 2020 | **** | **** | **** | **** | **** | **** | **** | **** | 10 |
| Srivastava 2010 | **** |  | **** | **** | **** | **** | **** | **** | 8 |
| Tanaka 1983 |  |  | **** | **** |  |  | **** |  | 4 |
| Tanaka 1982 |  |  |  |  |  |  | **** |  | 2 |
| Vujnic 2018 | **** |  | **** | **** | **** | **** | **** |  | 8 |
| Wakamatsu 1972 |  |  |  | **** |  |  | **** | **** | 4 |

Mean points: 6.24 – Good

*Good Studies: 6-10 points*

*Satisfactory Studies: 4-5 points*

*Unsatisfactory Studies: 0 to 4 points*