

Supplementary Table 1. Quality assessment of cohort studies utilizing the New Castle-Ottawa Scale

Author	Representativeness of exposed cohort	Selection of non-exposed cohort	Ascertainment of exposure	Demonstration that outcome of interest was not present at the start of study	Comparability of cohorts on the basis of the design or analysis	Assessment of outcome	Was follow-up long enough for outcomes to occur	Adequacy of follow up of cohorts	Total score
Kaltenbach 2007		*	*	*		*	*		5
Dior 2012	*	*	*	*	**	*	*	*	9
Liaquat 2012	*	*	*	*	**	*	*	*	9
Matsumoto 2012		*	*	*	**	*	*	*	8
Albeniz 2016		*	*	*	**	*	*	*	8
Harada 2017	*	*	*	*	**		*	*	8

Supplementary Table 2. Quality assessment of randomized trials utilizing the Cochrane Risk of Bias Assessment Tool

Author	Random sequence generation	Allocation concealment	Blinding of participants and personnel	Blinding of outcome assessment	Adequate assessment of incomplete outcome	Selective reporting avoided	No other bias
Shioji 2003	Yes	Yes	No	No	Yes	Yes	Yes
Mori 2014	No	Yes	No	No	Yes	Yes	Yes
Tominaga 2014	Yes	Yes	No	No	Yes	Yes	Yes
Dokoshi 2015	Yes	Yes	No	No	Yes	Yes	Yes
Zhang 2015	Yes	Yes	No	Yes	Yes	Yes	Yes
Matsumoto 2016	Yes	Yes	No	No	Yes	Yes	Yes
Osada 2016	No	Yes	No	No	Yes	Yes	Yes