## **Supplementary File 1**

Components	Cao et al.	Chen et al.	Huang et al.	Liu et al.	Min et al.	Ruan et al.	Shi et al.	Wang et al.	Yang et al.	Yudong et al.	Zhou et al.
1. Were the aims/objectives of the study clear?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2. Was the study design appropriate for the stated aim(s)?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3. Was the sample size justified?	No	No	No	No	No	No	No	No	No	No	No
4. Was the target/reference population clearly defined? (Is it clear who the research was about?)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
5. Was the sample frame taken from an appropriate population base so that it closely represented the target/reference population under investigation?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
6. Was the selection process likely to select subjects/participants that were representative of the target/reference population under investigation?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
7. Were measures undertaken to address and categorize non-responders?	No	No	No	No	No	No	No	No	No	No	No
8. Were the risk factor and outcome variables measured	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

appropriate to the aims of the study?											
9. Were the risk factor and outcome variables measured correctly using instruments/ measurements that had been trialed, piloted or published previously?	Yes										
10. Is it clear what was used to determined statistical significance and/or precision estimates? (e.g., p values, CIs)	Yes										
11. Were the methods (including statistical methods) sufficiently described to enable them to be repeated?	Yes										
12. Were the basic data adequately described?	Yes										
13. Does the response rate raise concerns about non-response bias?	No										
14. If appropriate, was information about non-responders described?	No										
15. Were the results internally consistent?	Yes										
16. Were the results for the analyses described in the methods, presented?	Yes										
17. Were the authors' discussions and conclusions justified by the results?	Yes										

18. Were the limitations of the study discussed?	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
19. Were there any funding sources or conflicts of interest that may affect the authors' interpretation of the results?	No										
20. Was ethical approval or consent of participants attained?	Yes										