**Suppl. Table S1.** Quality assessment of prospective non-randomized cohort studies using modified Newcastle-Ottawa scale

| Study | Selection | | | | Comparability | | Outcome | | Score |
|-------|-----------|--|--|--|---------------|--|---------|--|-------|
| | Representativeness of the exposed cohort | Selection of the non-exposed cohort | Ascertainment of exposure | Demonstration that outcome of interest was not present at start of study | Comparability of cohorts on the basis of the design or analysis controlled for confounders | Assessment of outcome | Was follow-up long enough for outcomes to occur | Adequacy of follow-up of cohorts | |
| Mumtaz (2009) | * | * | * | * | ** | * | – | * | Good |
| Darweesh (2017) | * | * | * | – | ** | * | * | * | Good |

*Good quality: 3 or 4 stars in selection domain AND 1 or 2 stars in comparability domain AND 2 or 3 stars in outcome/exposure domain*
*Fair quality: 2 stars in selection domain AND 1 or 2 stars in comparability domain AND 2 or 3 stars in outcome/exposure domain*
*Poor quality: 0 or 1 star in selection domain OR 0 stars in comparability domain OR 0 or 1 stars in outcome/exposure domain*

**Suppl. Table S2.** Quality assessment of RCTs using Cochrane risk-of-bias tool for randomized trials

| Study | Random sequence generation | Allocation concealment | Blinding of personnel | Blinding of outcome assessment | Incomplete outcome data | Selective reporting | Other bias (ITT analysis) |
|-------|---------------------------|------------------------|----------------------|-------------------------------|------------------------|--------------------|--------------------------|
| Lee (2009) | Unclear risk of bias | Low risk of bias | Low risk of bias | Low risk of bias | Low risk of bias | Low risk of bias | Low risk of bias |
| Nabi (2017) | Unclear risk of bias | Unclear risk of bias | Unclear risk of bias | Unclear risk of bias | Low risk of bias | Low risk of bias | Low risk of bias |