Appendix 1

We evaluated the methodological quality of the included articles according to Ottawa scale, with detailed information as follows:

NEWCASTLE - OTTAWA QUALITY ASSESSMENT SCALE

Selection (0–4 points):

1) Representativeness of the exposed cohort
   a) truly or somewhat representative of the average level in the community(1 point).
   b) selected group of users or no description of the derivation of the cohort(0 point).
2) Selection of the non-exposed cohort
   a) drawn from the same community as the exposed cohort(1 point).
   b) drawn from a different source or no description of the derivation of the non-exposed cohort(0 point).
3) Ascertainment of exposure
   a) secure record or structured interview(1 point).
   b) written self report or no description(0 point).
4) Demonstration that outcome of interest was not present at start of study
   a) yes (1 point).
   b) no (0 point).

Comparability (0–2 points):

1) Comparability of cohorts on the basis of the design or analysis
   a) study controls for the most important factor and any additional factor(1 point).
   b) study controls for any additional factor(1 point).
   c) study controls without the most important factor or any additional factor(0 point).

Outcome (0–3 points):

1) Assessment of outcome
   a) independent blind assessment or record linkage(1 point).
   b) self report or no description(0 point).
2) Was follow-up long enough for outcomes to occur
   a) yes (1 point).
   b) no (0 point).
3) Adequacy of follow up of cohorts
   a) complete follow up or subjects lost to follow up unlikely to introduce bias(1 point).
   b) follow up rate <80% and no description of those lost, or no statement(0 point).
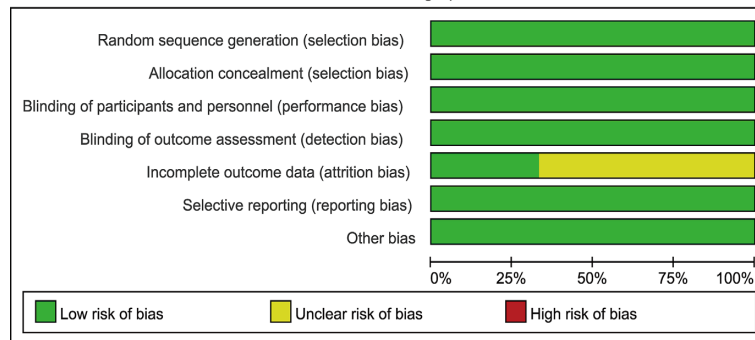
Quality assessment:

1) The quality of each study was defined as
   a) "poor" (total score <4).
   b) "fair" (4≤ total score ≤6).
   c) "good" (7≤ total score ≤9).

Table S1 Quality assessment of eligible single-arm studies using the Newcastle-Ottawa quality assessment scale

Study (year)	Selection	Comparability	Outcome	Total scores
Yang 2017	3	0	3	6
Goss 2016	3	0	3	6
Zhou 2017	3	0	3	6
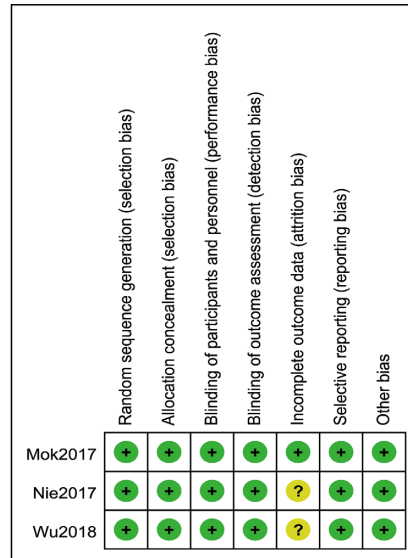
Figure S1 The risk of bias in the included RCTs.