

	Any confusion about which variable comes first	Differences between groups with regards to the baseline characteristics	Selective reporting (reporting bias)	Was there a control group	Difference in outcome measurements	Multiple measurements of the outcome both pre and post the intervention /exposure	Incomplete outcome data (attrition bias)	Unreliability of outcome measurements	Inappropriate statistical analysis	Other bias
Hasegawa et al. 2013	+	+	+	+	-	+	+	+	-	+
Inokuchi et al. 2007	+	+	+	+	+	+	+	+	+	+
Kao et al.2012	+	+	+	+	+	+	?	+	+	+
Kwok and Tong 2014	+	+	+	+	+	+	+	+	+	+
Ota et al. 2007	+	+	+	+	-	+	+	+	+	+
Ru et al. 2017	+	+	+	+	-	+	+	+	-	+
Song and Boo 2022	+	+	?	?	+	+	+	?	+	+
Song et al. 2021	+	+	+	+	+	+	+	+	+	+
Sun et al. 2021	+	+	+	+	+	+	+	+	+	+
Tsang et al. 2018	+	+	+	+	+	+	+	+	-	+
Yang et al. 2022	+	?	?	+	+	+	+	+	+	?
Yu 2020	+	+	+	+	+	+	+	+	+	-
Zhang et al. 2017	+	+	+	+	+	+	+	+	-	+

Supplementary Fig. S5. Risk of bias summary for quasi-experimental studies.