

Appendix 1- Quality Assessment of included studies

Author (year)	Selection	Comparability	Outcome	Total	Quality
Andersen & et al (2018)	3	2	3	8	Good
Brauner (2013)	2	2	2	6	Good
McKean (2009)	3	2	2	7	Good
Raaschou (2011)	3	2	2	7	Good
Valberg (2010)	1	2	3	6	Good