

Table S1 Legend: Assessment of Risk of Bias in Primary Studies using the Newcastle-Ottawa Scale (NOS). The methodological quality of the observational studies was evaluated using the Newcastle-Ottawa Scale (NOS), which assigns star points (score of 1 or 0) across three domains for a maximum total score of 9 stars (higher score indicates lower risk of bias). The columns in the table correspond to the individual questions (Q) within each quality category of the NOS. The following symbols are used: 1 (Criterion met), 0 (Criterion not met), NA (Not Applicable), and ? (Unclear/Not reported). Note: Articles identified with designations such as T1 or T2 represent distinct studies or separate analyses (e.g., different exposures or cohorts) included within the same published article, which were assessed independently. The scoring criteria and the complete format of the NOS questions for cohort and cross-sectional studies are detailed in Appendix 1 of this document.