**Online Supplement S2: Newcastle Ottawa Scale for primary study quality assessment (adapted by Dürlinger & Pietschnig, 2022)**

Each study is rated on four sections:

1. *Representativeness of the sample:*

a) Truly representative of the average in the target population. \* (all subjects or random sampling)

b) Somewhat representative of the average in the target population. \* (nonrandom sampling)

c) Selected group of users.

d) No description of the sampling strategy.

1. *Sample size:*

a) Justified and satisfactory. \*

b) Not justified.

1. *Non-respondents:*

a) Comparability between respondents and non-respondents characteristics is established, and the response rate is satisfactory. \*

b) The response rate is unsatisfactory, or the comparability between respondents and non-respondents is unsatisfactory.

c) No description of the response rate or the characteristics of the responders and the non-responders.

1. *Ascertainment of the exposure (risk factor):*

a) Validated measurement tool. \*\*

b) Non-validated measurement tool, but the tool is available or described.\*

c) No description of the measurement tool.

The rating consisted of three steps:

In the first step, two raters independently rated all four criteria for each of the final included studies (\*\* = two points, \* = one point, no star = no points), thus calculating a total sum score for each study. In the second step, the agreement of the total scores between the two raters was determined. Finally, the decisions of the ratings regarding the four criteria of those seven studies where the total scores did not match were discussed between the two raters. A final decision was made through discussion (consensus validation).