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<th>Exposure measured?</th>
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<th>Confounders identified?</th>
<th>Strategies used to deal with confounders?</th>
<th>Outcome measured?</th>
<th>Statistical Analysis</th>
<th>Overall assessment</th>
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</table>

**Risk of bias assessment tool.** Yes (low risk); No (high risk); Unclear (high risk)

1. Were the criteria for inclusion in the sample clearly defined?
2. Were the study subjects and the setting described in detail?
3. Was the exposure measured in a valid and reliable way?
4. Were objective, standard criteria used for measurement of the condition?
5. Were confounding factors identified?
6. Were strategies to deal with confounding factors stated?
7. Were the outcomes measured in a valid and reliable way?
8. Was appropriate statistical analysis used?

The overall risk of bias was then scored according to the number of high risk of bias per study: low (≤2), moderate (3–4), and high (≥5).