

## Supplementary material 5. NOS scores of studies included into meta-analysis

Quality evaluation of the eligible studies with Newcastle–Ottawa scale.

Study	Selection			Comparability			Outcome		Score	
	Representative-ness	Selection of non-exposed	Ascertainment of exposure	Outcome not present at start	Comparability on most important factors (age)	Comparability on other risk factors	Assessment of outcome	Long enough follow-up (median≥6 month)		Adequacy (completeness) of follow-up
Blasco 2008	*	*	*	*	-	-	*	*	*	7
Lopez 2008	*	*	*	*	*	-	*	*	*	8
Cammarata 2009	*	*	*	*	*	-	*	*	*	8
Hasson 2010-A	*	*	*	*	*	-	*	*	*	8
Hasson 2010-B	*	*	*	*	*	-	*	*	*	8
Lui 2010	*	*	*	*	-	-	*	-	-	5
Ma 2011	*	*	*	*	-	-	*	*	*	7
Toledo 2011	*	*	*	*	*	-	*	*	*	8
Kiddle 2014	*	*	*	*	*	-	*	*	*	8
Apostolova 2015	*	*	*	*	*	-	*	*	*	8

Forlenza 2015	*	*	*	*	-	-	*	*	*	7
Wang 2015	*	*	*	*	-	-	*	*	*	7
Mielke 2017	*	*	*	*	-	-	*	*	*	7
van Harten 2017	*	*	*	*	-	-	*	*	*	7
Xie 2017	*	*	*	*	-	-	*	*	*	7
Westwood 2018	*	*	*	*	-	-	*	*	*	7
Lopez 2019	*	*	*	*	-	-	*	*	*	7
Pérez-Grijalba 2019	*	*	*	*	-	-	*	*	-	6
Chen 2019	*	*	*	*	*	-	*	*	*	8
Cheng 2020	*	*	*	*	-	-	*	*	*	7
Janelidze 2020	*	*	*	*	-	-	*	*	-	6
Shen 2020	*	*	*	*	-	-	*	*	*	7
Sugarman 2020	*	*	*	*	-	-	*	*	-	6
Westwood 2020	*	*	*	*	-	-	*	*	-	6
Blazhenets 2021	*	*	*	*	-	-	*	*	-	6
Cicognola2021	*	*	*	*	-	-	*	*	*	7

Cullen 2021- Biofinder	*	*	*	*	-	-	*	*	-	6
Cullen 2021 B-ADNI	*	*	*	*	-	-	*	*	-	6
Darmanth'e 2021	*	*	*	*	-	-	*	*	*	7
Karikari 2021	*	*	*	*	-	-	*	*	*	7
Palmqvist 2021- Biodinder	*	*	*	*	-	-	*	*	*	7
Palmqvist 2021-ADNI	*	*	*	*	-	-	*	*	*	7
Shen 2021	*	*	*	*	-	-	*	*	*	7
Simrén 2021	*	*	*	*	*	-	*	*	*	8
Therriault 2021	*	*	*	*	-	-	*	*	*	7
Giannisis 2022	*	*	*	*	*	-	*	*	*	8
Hanon 2022	*	*	*	*	-	-	*	*	*	7
Kivisäkk 2022	-	*	*	*	*	-	*	*	*	7
Lee 2022	*	*	*	*	*	-	-	*	*	7
Pichet Binette 2022	*	*	*	*	*	*	-	*	*	8

Xiao 2022	*	*	*	*	*	-	-	*	*	7
Zhao 2022	*	*	*	*	*	*	*	*	*	9
Janelidze 2023	*	*	*	*	-	-	*	*	*	7
Kivisäkk 2023	*	*	*	*	*	-	*	*	*	8
Kwon 2023	*	*	*	*	-	-	*	*	*	7
Lehmann 2023	*	*	*	*	-	-	*	*	*	7
Silva-Spínola 2023	*	*	*	*	-	-	*	*	*	7

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\*indicates criterion met; - indicates significant of criterion not met.