Supplementary Table 1: Table summarising the 222 included studies. Data shown include the author, year, journal, country of origin, type of study, participant number and mean age of participants at the start of the study, if available.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Author | Year  of  publication | Journal | Country of origin | Study design | N  participants | Mean age  of  participants | Quality  assessment |
| Yu | 2003 | Journal of Clinical Pediatrics | China | cohort | 10 | 9.6 | Good |
| Gao | 2003 | Chinese Journal of Practical Medicine | China | cohort | 12 | 8 | Fair |
| Liu | 2003 | Chinese Journal of Child Health Care | China | cohort | 29 | 11 | Good |
| Jallad | 2003 | Growth Hormone & IGF Research | Brazil | cohort | 16 | 23.3 | Good |
| Jiang | 2003 | Journal of Chinese Physician | China | cohort | 86 | 11.9 | Poor |
| Lanes | 2003 | Hormone Research in Paediatrics | Venezuela | case-control | 25 | 12.3 | Fair |
| Shulman | 2003 | Journal of Clinical Endocrinology and Metabolism | USA | cohort | 10 | 4.2 | Good |
| Yu | 2003 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 15 | 10.2 | Fair |
| Attanasio | 2004 | Journal of Clinical Endocrinology and Metabolism | Multinational (USA,Slovakia,Czech Republic, UK, Germany, Italy) | RCT | 149 | 19.4 | Good |
| Esposito | 2004 | Clinical Endocrinology | Italy | cohort | 34 | 8.9 | Good |
| Su | 2004 | Pharmaceutical and Clinical Research | China | cohort | 26 | 9.9 | Fair |
| Yuan | 2004 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 57 | 14.9 | Fair |
| Darendeliler | 2005 | Journal of Paediatric Endocrinology and Metabolism | Turkey | cohort | 157 | 8.7 | Good |
| Di Cesare Merlone | 2005 | Hormone Research in Paediatrics | Italy | cohort | 35 | 11 | Fair |
| Hogler | 2005 | Bone | Australia | cohort | 20 | 10.9 | Good |
| Li | 2005 | Chinese Journal of Tissue Engineering Research | China | cohort | 50 | 10 | Fair |
| Li | 2005 | Journal of Zhejiang University (Medical Sciences) | China | cohort | 29 | 7.5 | Fair |
| Liang | 2005 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 15 | 8 | Fair |
| Mauras | 2005 | Journal of Clinical Endocrinology and Metabolism | USA | RCT | 58 | 15.8 | Good |
| Pagani | 2005 | European Journal of Endocrinology | Italy | case-control | 26 | 7.5 | Fair |
| Seminara | 2005 | Hormone and metabolic research | Italy | case-control | 38 | 9.2 | Fair |
| Zhang | 2005 | Chinese Journal of Misdiagnosis | China | cohort | 60 | 12 | Poor |
| Yang | 2005 | Chinese Journal of Modern Nursing | China | cohort | 24 | 10.2 | Fair |
| Yu | 2005 | Chinese Journal of Practical Pediatrics | China | cohort | 15 | 10.2 | Fair |
| Zhang | 2005 | Fujian Medical Journal | China | cohort | 10 | 10.7 | Poor |
| Attanasio | 2005 | Journal of Clinical Endocrinology and Metabolism | Multinational (USA, Germany, Italy, Spain, UK) | RCT | 66 | 17.5 | Good |
| Bajpai | 2006 | Indian Pediatrics | India | cohort | 96 | 9.9 | Fair |
| Ergun-Longmire | 2006 | Journal of Clinical Endocrinology and Metabolism | USA | cohort | 361 | 11 | Good |
| Liang | 2006 | Chinese Journal of Pediatrics | China | cohort | 44 | 10.4 | Fair |
| Li | 2006 | Acta Academic Medicine Qingdao University | China | cohort | 68 | 8 | Fair |
| Lin | 2006 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 44 | 9.8 | Fair |
| Liu | 2006 | Maternal & Child Health Care of China | China | cohort | 8 | 12 | Poor |
| Maghnie | 2006 | Journal of Clinical Endocrinology and Metabolism | Italy | cohort | 88 | 7.7 | Good |
| Pan | 2006 | Chinese Journal of New Drugs | China | cohort | 49 | 13.1 | Fair |
| Pan | 2006 | Chinese Journal of Endocrinology and Metabolism | China | cohort | 11 | 11 | Fair |
| Pan | 2006 | Chinese Journal of Pediatrics | China | cohort | 94 | 9.24 | Fair |
| Reiter | 2006 | Journal of Clinical Endocrinology and Metabolism | Multinational (KIGS)\* | cohort | 1,258 | 9.3 | Good |
| Salerno | 2006 | Journal of Clinical Endocrinology and Metabolism | Italy | cohort | 30 | 9.3 | Good |
| Travaglino | 2006 | Hormone Research | Italy | cohort | 27 | 9.7 | Good |
| Wang | 2006 | Journal of Medical Forum | China | cohort | 45 | 10.1 | Fair |
| Wang | 2006 | Journal of Chinese Practical Diagnosis and Therapy | China | cohort | 60 | 8.5 | Fair |
| Wu | 2006 | Chinese Journal of New Drugs | China | cohort | 17 | 14.6 | Fair |
| Zhu | 2006 | The Journal of Practical Medicine | China | cohort | 16 | 10.5 | Fair |
| Sheppard | 2006 | Hormone Research in Paediatrics | UK | cohort | 8 | 10.6 | Fair |
| Bao | 2007 | Zhejiang Preventive Medicine | China | cohort | 57 | 10.2 | Fair |
| Ciresi | 2007 | European Journal of Endocrinology | Italy | case-control | 64 | 11.6 | Good |
| Guo | 2007 | Practical Journal of Medicine & Pharmacy | China | cohort | 20 | 7.9 | Fair |
| Pan | 2007 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 68 | 9 | Fair |
| Peterkova | 2007 | Hormone Research | Multinational multicentre (Russia, Ukraine, USA, Turkey, Serbia, Poland, Germany, South Korea) | RCT | 147 | 8.3 | Fair |
| Romer | 2007 | Journal of Endocrinological investigation | Poland and Hungary | RCT | 89 | 7.8 | Good |
| Su | 2007 | Journal of Clinical Pediatrics | China | cohort | 50 | 7.2 | Fair |
| Zhi | 2007 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 35 | 11.7 | Fair |
| Bakker | 2008 | Journal of Clinical Endocrinology and Metabolism | USA | cohort | 4,121 | 8 | Fair |
| Chen | 2008 | Chinese Journal of Clinicians | China | cohort | 32 | 12.3 | Fair |
| Coelho | 2008 | Hormone Research | UK | RCT | 49 | 10.2 | Good |
| Giavoli | 2008 | Clinical Endocrinology | Italy | cohort | 10 | 12.2 | Good |
| Niu | 2008 | Chinese Journal of Coal Industry Medicine | China | cohort | 32 | 9 | Fair |
| Niu | 2008 | Maternal & Child Health Care of China | China | cohort | 32 | 9 | Fair |
| Setola | 2008 | Metabolism clinical and experimental | Italy | cohort | 31 | N/A | Good |
| Sun | 2008 | China Foreign Medical Treatment | China | cohort | 28 | 9.4 | Fair |
| Westphal | 2008 | Acta Paediatrica | Sweden | cohort | 401 | 8.8 | Fair |
| Zhu | 2008 | Journal of Medical Forum | China | cohort | 100 | 10.6 | Fair |
| Bensignor | 2009 | Archives de Pédiatrie | France | cohort | 44 | 5.3 | Fair |
| Cutfield | 2009 | Hormone Research | Multinational (KIGS)\* | cohort | 3,068 | 7.4 | Good |
| Hou | 2009 | Chinese Journal of Pediatrics | China, multicentre | RCT | 31 | 10.5 | Fair |
| Kristrom | 2009 | BMC Medical Informatics and Decision making | Sweden | cohort | 130 | 8.3 | Good |
| Pan | 2009 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 36 | 11.2 | Fair |
| Romer | 2009 | Hormone Research | Multicentre in Poland and Hungary | RCT | 89 | 7.6 | Good |
| Walvoord | 2009 | Journal of Clinical Endocrinology and Metabolism | Multicentre (USA, the Netherlands) | RCT | 22 | 11.3 | Good |
| Zhang | 2009 | China Medical Herald | China | cohort | 24 | 15 | Fair |
| Bell | 2010 | Journal of Clinical Endocrinology and Metabolism | USA | cohort | 54,996 | N/A | Good |
| Chang | 2010 | Chinese Journal of Endocrinology and Metabolism | China | cohort | 56 | 12.05 | Fair |
| Decker | 2010 | Clinical Endocrinology | Sweden | RCT | 39 | 7.1 | Fair |
| Su | 2010 | Journal of Clinical Pediatrics | China | cohort | 15 | 11.3 | Fair |
| Zhang | 2010 | Chinese Medicine Modern Distance Education | China | cohort | 24 | 9.2 | Fair |
| Chaplin | 2011 | Hormone Research in Paediatrics | Sweden | RCT | 32 | 7.3 | Fair |
| Dai | 2011 | Journal of Clinical Medicine in Practice | China | cohort | 50 | N/A | Fair |
| de Schepper | 2011 | European Journal of Endocrinology | Belgium, Macedonia, Israel, Slovenia) | RCT | 30 | 9.4 | Good |
| Lopez-Siguero | 2011 | Advances in therapy | Spain (multicentre, 19 centres) | cohort | 70 | 8.7 | Good |
| Lopez-Siguero | 2011 | Journal of Endocrinological investigation | Spain | case-control | 63 | 9.8 | Good |
| Root | 2011 | Hormone Research in Paediatrics | USA | cohort | 47 | N/A | Fair |
| Sun | 2011 | Journal of Tianjin Medical University | China | cohort | 18 | 11.43 | Fair |
| Wang | 2011 | Chinese Journal of Primary Medicine and Pharmacy | China | cohort | 22 | 11.9 | Fair |
| Xiao | 2011 | Chinese Journal of Endocrinology and Metabolism | China | cohort | 25 | 11.1 | Fair |
| Stephen | 2011 | European Journal of Paediatrics | USA | cohort | 89 | N/A | Fair |
| Canete | 2012 | European Journal of Endocrinology | Spain | case-control | 43 | 11 | Good |
| Carel | 2012 | Journal of Clinical Endocrinology and Metabolism | France | cohort | 6,928 | 11 | Good |
| Colmenares | 2012 | Journal of Paediatric Endocrinology and Metabolism | Venezuela | cohort | 9 | 11 | Fair |
| Decker | 2012 | Clinical Endocrinology | Sweden | RCT | 87 | 9 | Fair |
| Geisler | 2012 | Hormone Research in Paediatrics | Germany | cohort | 95 | 12.7 | Fair |
| Mao | 2012 | Chinese and Foreign Medical Research | China | cohort | 30 | 10.4 | Fair |
| Nygren | 2012 | Clinical Endocrinology | Multicentre from Sweden | RCT | 89 | 7.1 | Good |
| Peter | 2012 | Journal of Clinical Endocrinology and Metabolism | Europe (Hungary, Poland, Romania, Russia, Serbia, and Ukraine) | RCT | 51 | 7.3 | Good |
| Savendahl | 2012 | Journal of Clinical Endocrinology and Metabolism | Multinational (Sweden,  Belgium,The Netherlands) | cohort | 1,666 | 28 | Good |
| Song | 2012 | Chinese Journal of Applied Clinical Pediatrics | China | cohort | 12 | 11.5 | Fair |
| Verrillo | 2012 | Sleep Medicine | Italy | cohort | 15 | 4.8 | Good |
| Wang | 2012 | Tianjin Medical Journal | China | cohort | 25 | 10.6 | Fair |
| Xue | 2012 | Shandong Medical Journal | China | cohort | 80 | 12 | Fair |
| Youngster | 2012 | The Journal of Pediatrics | Israel | cohort | 79 | 11.4 | Good |
| Zhao | 2012 | Chinese Journal of Primary Medicine and Pharmacy | China | cohort | 1012 | 6.28 | Fair |
| Carrascosa | 2013 | Hormone Research in Paediatrics | Spain | cohort | 184 | 6.4 | Fair |
| Deal | 2013 | Hormone Research in Paediatrics | Multinational | cohort | 8,230 | 10.6 | Good |
| Decker | 2013 | Clinical Endocrinology | Sweden | RCT | 128 | 9.5 | Fair |
| Hwang | 2013 | European Journal of Endocrinology | South Korea | RCT | 63 | 9 | Fair |
| Lavaredas | 2013 | Farmacia Hospitalaria | Spain | cohort | 117 | N/A | Fair |
| Lu | 2013 | Therapeutic Advances in Endocrinology and Metabolism | China | controlled trial | 205 | 10.4 | Fair |
| Otero | 2013 | Child: care, health and development | UK | cohort | 43 | N/A | Fair |
| Rogol | 2013 | Hormone Research in Paediatrics | USA | RCT | 111 | 7.7 | Fair |
| Tai | 2013 | Endocrinology Journal | Japan | cohort | 1,129 | 8.7 | Fair |
| Wang | 2013 | Hebei Medicine | China | cohort | 64 | 8 | Fair |
| Zheng | 2013 | Chinese Journal of Evidence Based Pediatrics | China | cohort | 6 | 10.1 | Poor |
| Bullinger | 2013 | Health and Quality of Life Outcomes | Multinational (France, Germany, Spain, Sweden, UK) | cohort | 109 | N/A | Fair |
| Silva | 2013 | Expert Review of Pharmacoeconomics and Outcomes research | Multinational (France, Germany, Spain, Sweden, UK) | cohort | 59 | N/A | Good |
| Blum | 2014 | European Journal of Endocrinology | Multinational | cohort | 5,805 | 9.6 | Fair |
| Cohen | 2014 | Clinical Endocrinology | Multinational | RCT | 172 | 7.5 | Good |
| Foster | 2014 | Journal of Paediatric Endocrinology and Metabolism | USA | case-control | 31 | 10.4 | Good |
| Khadilkar | 2014 | Journal of Clinical Endocrinology and Metabolism | Multinational (USA, Europe, India, South America, Egypt) | RCT | 178 | 7.8 | Fair |
| Khalidar | 2014 | Endocrine Research | India | cohort | 49 | 9.3 | Fair |
| Meazza | 2014 | Hormone and Metabolic research | Egypt and Italy | case-control | 36 | 8.9 | Fair |
| Song | 2014 | Contemporary Medicine | China | cohort | 32 | 10.3 | Good |
| Borras Perez | 2015 | Advances in therapy | Spain | cohort | 39 | 12.5 | Good |
| Lundberg | 2015 | BMC Endocrine Disorders | Sweden | RCT | 104 | 10 | Fair |
| Moore | 2015 | Journal of Clinical Endocrinology and Metabolism | USA | RCT | 68 | 7 | Good |
| Nagasaka | 2015 | Journal of Clinical Endocrinology and Metabolism | Japan | cohort | 66 | N/A | Fair |
| Ross | 2015 | Growth Hormone and IGF Research | USA | cohort | 2,884 | 10.4 | Fair |
| Smuel | 2015 | Growth Hormone and IGF Research | Israel | cohort | 41 | 5.7 | Good |
| Valsesia | 2015 | European Journal of Endocrinology | Multinational | cohort | 95 | 9 | Good |
| Cappa | 2016 | Journal of Endocrinological Investigation | Multinational | cohort | 711 | 9.8 | Good |
| Child | 2016 | Hormone Research in Paediatrics | Multinational | cohort | 19,054 | 10.4 | Good |
| Ciresi | 2016 | Journal of Endocrinological Investigation | Italy | cohort | 31 | 8.5 | Fair |
| Efthymiadou | 2016 | European Journal of Endocrinology | Greece | cohort | 23 | 9.9 | Fair |
| Huang | 2016 | Chinese Practical Medicine | China | cohort | 100 | 8 | Good |
| Hughes | 2016 | Growth Hormone and IGF Research | Australia | cohort | 4,318 |  | Good |
| Lupi | 2016 | Italian Journal of Pediatrics | Italy | cohort | 121 | 9.9 | Fair |
| Savendahl | 2016 | European Journal of Endocrinology | Multinational | cohort | 13,834 | 8.8 | Good |
| Tomas | 2016 | Anales de pediatria | Spain | cohort | 1,294 | 9.8 | Fair |
| Xue | 2016 | Experimental and therapeutic medicine | China | cohort | 60 | 6.4 | Fair |
| Quitmann | 2016 | Health and Quality of Life Outcomes | Multinational (France, Germany, Spain, Sweden, UK) | cohort | 60 | N/A | Good |
| Quitmann | 2016 | PLOS One | Multinational (Sweden, Germany, France, UK, Spain, Belgium and The Netherlands) | cohort | 152 | N/A | Good |
| Battelino | 2017 | Clinical Endocrinology | Slovenia | cohort | 32 | 9 | Good |
| Brod | 2017 | Patient | Multinational | cohort | 39 | 7 | Fair |
| Capalbo | 2017 | Journal of Clinical Endocrinology and Metabolism | Italy | case-control | 21 | 11.3 | Fair |
| Chatelain | 2017 | Journal of Clinical Endocrinology and Metabolism | Multinational (14 European countries and Egypt) | cohort | 53 | 8 | Fair |
| Chen | 2017 | Pediatric Research | China | cohort | 60 | 7.6 | Fair |
| Choi | 2017 | Journal of the Formosan Medical Association | Korea | cohort | 36 | 11.3 | Fair |
| Luo | 2017 | European Journal of Endocrinology | China | RCT | 108 | 10.9 | Fair |
| Polak | 2017 | European Journal of Endocrinology | Multinational (23 centres) | cohort | 9,294 | 6.4 | Fair |
| Quigley | 2017 | Journal of Clinical Endocrinology and Metabolism | Multinational (827 centres, 30 countries) | cohort | 13,301 | 9.5 | Fair |
| Yu | 2017 | Journal of China Prescription Drug | China | cohort | 30 | 9.65 | Poor |
| Zelinska | 2017 | Journal of clinical endocrinology and metabolism | Multicentre | RCT | 53 | 6.2 | Good |
| Bonfig | 2018 | Journal of Paediatrics | Multinational (KIGS) | cohort | 15,048 | 9 | Good |
| Cetinkaya | 2018 | Journal of Paediatric Endocrinology and Metabolism | Turkey | cohort | 67 | 12.4 | Fair |
| Chen | 2018 | Chinese Journal of Primary Medicine and Pharmacy | China | cohort | 56 | 10.2 | Fair |
| Ciresi | 2018 | Growth Hormone and IGF Research | Italy | cohort | 23 | 8.4 | Fair |
| Li | 2018 | Journal of Jinzhou Medical University | China | cohort | 30 | 6.8 | Good |
| Partyka | 2018 | Annals of Agricultural and Environmental Medicine | Poland | cohort | 110 | 11 | Poor |
| Sun | 2018 | Clinical Research | China | RCT | 60 | 7.32 | Good |
| Swerdlow | 2018 | Journal of Clinical Endocrinology and Metabolism | Multinational (5 European countries: UK, Belgium, Switcherland, Sweden, Netherlands) | cohort | 10,403 | N/A | Good |
| Wang | 2018 | Henan Medical Research | China | RCT | 84 | 7.3 | Good |
| Xie | 2018 | Chinese Pediatrics of Integrated Traditional and Western Medicine | China | cohort | 12 | 7 | Good |
| Briceno | 2019 | Journal of Clinical Endocrinology and Metabolism | France | cohort | 74 | 10.2 | Fair |
| Butler | 2019 | Clinical Endocrinology | UK | cohort | 144 | 13 | Fair |
| Canete | 2019 | Acta Pediatrica | Spain | RCT | 38 | 11 | Fair |
| Chen | 2019 | Systems Medicine | China | cohort | 40 | 8.09 | Good |
| Child | 2019 | Hormone Research in Paediatrics | Multinational multicentre | cohort | 1,453 | 11.1 | Fair |
| Child | 2019 | Journal of Clinical Endocrinology and Metabolism | Multinational | cohort | 22,311 | 10.7 | Good |
| Czepielewski | 2019 | Growth Hormone and IGF Research | Brazil | RCT | 97 | 9 | Fair |
| Decker | 2019 | Journal of Clinical Endocrinology and Metabolism | Sweden | cohort | 98 | 8.5 | Fair |
| Jimenez | 2019 | Anales de pediatria | Spain | cohort | 97 | 9.99 | Good |
| Kang | 2019 | Medicine Open | Korea | cohort | 78 | 7.8 | Fair |
| Ma | 2019 | Guide of China Medicine | China | cohort | 20 | 9.43 | Good |
| Quitmann | 2019 | Journal of Endocrinological Investigation | Germany | cohort | 48 | 8.4 | Fair |
| Rhie | 2019 | Plos One | South Korea | cohort | 771 | 8.42 | Fair |
| Savendahl | 2019 | Journal of Clinical Endocrinology and Metabolism | Multinational | cohort | 8,580 | 9.1 | Good |
| Tong | 2019 | China Modern Doctor | China | cohort | 62 | 9.97 | Good |
| Wang | 2019 | China &Foreign Medical Treatment | China | cohort | 35 | 6.87 | Good |
| Yang | 2019 | Zhejiang JITCWM | China | cohort | 42 | 7.32 | Good |
| Zhu | 2019 | Journal of Practical Medical Techniques | China | cohort | 61 | 8 | Good |
| Bloemeke | 2019 | Health and Quality of Life Outcomes | Germany | cohort | 65 | 8 | Fair |
| Charmandari | 2020 | Growth Hormone and IGF Research | Greece | cohort | 86 | 10.32 | Good |
| Gao | 2020 | Clinical Research and practice | China | cohort | 120 | 9.84 | Good |
| Gao | 2020 | Clinical Medicine | China | cohort | 70 | 10 | Good |
| He | 2020 | Journal of Sun Yat-Sen University (Medical Sciences) | China | cohort | 37 | 7.22 | Good |
| Hou | 2020 | Growth Hormone and IGF Research | China | cohort | 153 | 9.5 | Poor |
| Jiang | 2020 | Electronic Journal of Clinical Medical Literature | China | cohort | 20 | 8.13 | Fair |
| Lin | 2020 | New Medicine | China | RCT | 80 | 8.21 | Good |
| Lundberg | 2020 | BMC Endocrine Disorders | Sweden | cohort | 136 | 7.5 | Fair |
| Pfäffle | 2020 | Hormone Research in Paediatrics | Multinational (298 centres, 14 countries) | cohort | 3,468 | 9.4 | Good |
| Ren | 2020 | Clinical Medicine | China | cohort | 30 | 9.5 | Good |
| Savendahl | 2020 | Lancet Diabetes and Endocrinology | Multinational | RCT | 24,232 | 10.5 | Good |
| Savendahl | 2020 | Journal of Clinical Endocrinology and Metabolism | Multinational (29 sites, 11 countries) | RCT | 59 | 5.9 | Good |
| Shen | 2020 | China &Foreign Medical Treatment | China | cohort | 50 | 6.75 | Good |
| Zhang | 2020 | Health Required Reading | China | cohort | 30 | 6.24 | Good |
| Backeljauw | 2021 | Journal of Paediatric Endocrinology and Metabolism | USA | cohort | 294 | 10.44 | Fair |
| Coutant | 2021 | Frontiers in Endocrinology | 7 European countries (France, Germany, Austria, Italy, Spain, UK, Romania) | cohort | 235 | 7.7 | Fair |
| Erbas | 2021 | Endocrine Research | Turkey | cohort | 49 | 10.8 | Good |
| Lughetti | 2021 | Journal of Endocrinological Investigation | Italy | cohort | 14 | 10 | Fair |
| Savendahl | 2021 | Journal of Clinical Endocrinology and Metabolism | Multinational | cohort | 37,703 | 9.7 | Good |
| Soliman | 2021 | Journal of Paediatric Endocrinology and Metabolism | Qatar | cohort | 27 | 10.6 | Fair |
| Sun | 2021 | Frontiers in Endocrinology | China | cohort | 585 | 7.8 | Fair |
| Thornton | 2021 | Journal of Clinical Endocrinology and Metabolism | Multinational | RCT | 161 | 8.5 | Good |
| Tidblad | 2021 | JAMA Pediatrics | Multinational | cohort | 3,408 | 9.3 | Good |
| Wang | 2021 | Journal of Modern Medicine and Health | China | RCT | 102 | 7.4 | Good |
| Zhang | 2021 | Journal of Hebei Medical University | China | RCT | 60 | 9.5 | Good |
| Zhu | 2021 | Contemporary Medical Symposium | China | cohort | 36 | 9 | Good |
| Backeljauw | 2022 | European Journal of Pediatrics | USA | cohort | 3,764 | 10.4 | Good |
| Deal | 2022 | Journal of Clinical Endocrinology and Metabolism | Multinational (21 countries) | RCT | 224 | 7.72 | Good |
| Du | 2022 | Journal of Paediatric Endocrinology and Metabolism | China | cohort | 48 | 10.4 | Fair |
| Horikawa | 2022 | Hormone Research in Paediatrics | Japan | RCT | 44 | 6.03 | Good |
| Li | 2022 | Sichuan Journal of Physiological Sciences | China | cohort | 36 | 7.26 | Good |
| Lim | 2022 | Journal of Korean Medical Science | Korea | cohort | 163 | 7.5 | Good |
| Maghnie | 2022 | Journal of Clinical Endocrinology and Metabolism | Multinational (KIGS) | cohort | 83,803 | 10.7 | Fair |
| Maniatis | 2022 | Journal of Clinical Endocrinology and Metabolism | Multinational | cohort | 293 | 10.3 | Good |
| Maniatis | 2022 | Hormone Research in Paediatrics | Multinational | cohort | 143 | 10.6 | Good |
| Miller | 2022 | Journal of Clinical Endocrinology and Metabolism | Multicentre (USA, Europe, Asia) | RCT | 200 | 6.4 | Good |
| Savendahl | 2022 | Journal of Clinical Endocrinology and Metabolism | Multinational | RCT | 59 | 5.9 | Good |
| Wang | 2022 | Clinical Medicine | China | cohort | 25 | 7.61 | Good |
| Wu | 2022 | Guizhou Medical Journal | China | cohort | 26 | 11.89 | Good |
| Yang | 2022 | Clinical Medicine & Engineering | China | cohort | 72 | 7.11 | Good |

N/A: Data not available