### Supplementary Table 1. Summary of findings based on the GRADE approach

<table>
<thead>
<tr>
<th>Study population</th>
<th>Quality assessment</th>
<th>Illustrative comparative risks (95% CI)</th>
<th>Relative Effect (95% CI)</th>
<th>Quality of evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Adult Height</td>
<td>No of participants (studies) 332 (6 studies)</td>
<td>Risk of bias Serious 1 (-1) * Inconsistency No Indirectness Serious ** (-1)</td>
<td>Publication Bias Probably not</td>
<td>GnRH Analogue No treatment Study population</td>
</tr>
<tr>
<td>Frequency of PCOS</td>
<td>80 (1 study)</td>
<td>Risk of bias Serious 1 (-1) * Inconsistency No Indirectness Very Serious *** (-2)</td>
<td>Publication Bias Probably not</td>
<td>36 per 100 14.5 per 100</td>
</tr>
</tbody>
</table>

Note: To determine the GRADE quality of evidence, the GRADE approach begins by assigning findings to one of two starting levels of quality depending on the study design. Randomized trials are high quality, whereas observational studies are low quality. Additionally, two other levels exist: moderate and very low. This gives four levels: high, moderate, low, and very low. Studies can then be up- or downgraded based on certain factors:

(a) Risk of bias (−1, if there is a serious risk of bias; −2, if there is a very serious risk of bias)

(b) Inconsistency or heterogeneity of evidence (−1, if there is a serious inconsistency; −2, if there is a very serious inconsistency)

(c) Indirectness of evidence (−1, if serious; −2 if very serious)

(d) Imprecision of results (−1, if there is a wide CI; −2, if there is a very wide CI)

(e) Publication bias (−1, if likely; −2, if very likely)

*High risk of bias on random and allocation process
**Optimal information size criterion was not met (sample size < 400 girls)

***Optimal information size criterion was not met (sample size < 400 girls) and wide CI.

Low Quality of Evidence: the authors are not confident in the effect estimate and the true value may be substantially different from it.

Very Low Quality of Evidence: the authors do not have any confidence in the estimate and it is likely that the true value is substantially different from it.