
Electronic appendices are refereed with the text. However, no attempt has been made to impose a uniform editorial style on the electronic appendices.

**APPENDIX A**

**Original meta-analyses used**


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Meta-analyses inspected but not used

These prospective studies were examined and excluded because either: (1) They did not present effect sizes for original empirical studies, only mean effect sizes, and the authors were unable to send original effect sizes; (2) they had been updated and therefore overlapped with a more recent meta-analysis that we did include; (3) there was almost no variation in year of publication; (4) too few effect sizes were given ($n<5$); (5) they were generally unsuitable because they presented complex statistics where effect size depended on a continuous variable; (6) we did not include studies where heritability was the effect size because it is unclear whether heritability ($h^2$) or an effect size calculated from the P-value of the associated regression should be used.


