**Table 1 Characteristics of studies included in meta-analysis**

| Author | Year | City | Gender | Resident | Habitat | Mean age (yr) | Sample size |
|---|---|---|---|---|---|---|---|
| Abbasimoghadam[a] | 2009 | Tehran | Male | Own home | City | 71 | 5600 |
| Abbasimoghadam[b] | 2009 | Tehran | Female | Own home | City | 71 | 5600 |
| Aghanoori[a] | 2011 | Markazi | Female | Own home | City | 70.7 | 91 |
| Aghanoori[b] | 2011 | Markazi | Male | Own home | City | 70.7 | 74 |
| Ahmadi | 2004 | Zahedan | Both | Mixed[b] | City | 72.3 | 200 |
| Albokordi[a] | 2005 | Shahinshahr | Female | Mixed | City | 67.2 | 34 |
| Albokordi[b] | 2005 | Shahinshahr | Male | Mixed | City | 67.2 | 66 |
| Farhadi[a] | 2010 | Boushehr | Female | Own home | Rural | — | 16 |
| Farhadi[b] | 2010 | Boushehr | Male | Own home | Rural | — | 53 |
| Farzianpour[a] | 2012 | Marivan | Both | Mixed | City | — | 2433 |
| Farzianpour[b] | 2012 | Masjed Soleiman | Both | Mixed | City | 74.51 | 349 |
| Hekmatpou[a] | 2014 | Arak | Female | Own home | City | 67.5 | 271 |
| Jaafarzadeh Fakhari | 2010 | Sabzevar | Both | Own home | Both | 69.3 | 304 |
| Naseh[a] | 2014 | Chaharmahal Bakhteiari | Both | Nursing home | Both | 73.13 | 87 |
| Nejati[a] | 2008 | Kashan | Female | Own home | City | 69.8 | 193 |
| Nejati[b] | 2008 | Kashan | Male | Own home | City | 69.8 | 196 |
| Rafaati[a] | 2005 | Tehran | Female | Nursing home | City | 76.8 | 118 |
| Rafaati[b] | 2005 | Tehran | Male | Nursing home | City | 76.8 | 84 |
| Rostamai | 2010 | Masjed Soleiman | Both | Own home | City | 74.51 | 349 |
| Salehi[a] | 2013 | Tehran | Female | Nursing home | City | 64.07 | 298 |
| Salehi[b] | 2013 | Tehran | Male | Nursing home | City | 64.07 | 102 |
| Vahdani[a] | 2005 | Tehran | Male | Mixed | City | 67.9 | 157 |
| Vahdani[b] | 2005 | Tehran | Female | Mixed | City | 67.9 | 239 |

[a]Studies provided all 6 STROBE items (low risk of bias).
[b]Both own home and nursing home.