**Supplementary Table 1. Quality appraisal of qualitative studies**

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|  |  | Banura et al., 2012 | Francis et al., 2011 | Nelson et al., 2010 | Remes et al. 2012 |
| **Theoretical approach** |  |  |  |  |  |
| 1.1 Is a qualitative approach appropriate? | *appropriate* |  | *x* | *x* | *x* |
| *inappropriate* |  |  |  |  |
| *unsure* | *x* |  |  |  |
| 1.2 Is the study clear in what it seeks to do? | *clear* | *x* | *x* | *x* | *x* |
| *unclear* |  |  |  |  |
| *mixed* |  |  |  |  |
| **Study design** |  |  |  |  |  |
| 2.1 How defensible/rigorous is the study design and methodology? | *defensible* |  | x | x | x |
| *not defensible* |  |  |  |  |
| *unsure* | x |  |  |  |
| **Data collection** |  |  |  |  |  |
| 3.1 How well was data collection carried out? | *appropriate* |  | x | x | x |
| *inappropriate* |  |  |  |  |
| *unsure / unclear* | x |  |  |  |
| **Validity** |  |  |  |  |  |
| 4.1 Is researcher’s role clearly described? | *clear* | x |  |  | x |
| *unclear* |  |  | x |  |
| *not described* |  | x |  |  |
| 4.2 Is context clearly described? | *clear* |  | x | x | x |
| *unclear* | x |  |  |  |
| *unsure* |  |  |  |  |
| 4.3 Were methods reliable? | *reliable* |  | x | x | x |
| *unreliable* |  |  |  |  |
| *unsure* | x |  |  |  |
| **Analysis** |  |  |  |  |  |
| 5.1 Is data analysis sufficiently rigorous? | *rigorous* |  | x |  | x |
| *not rigorous* | X |  | x |  |
| *unsure / unreported* |  |  |  |  |
| 5.2 Are the data ‘rich’? | *rich* |  |  |  | x |
| *poor* | x | x | x |  |
| *poorly reported* | x |  |  |  |
| 5.3 Is the analysis reliable? | *reliable* |  | x |  | x |
| *unreliable* |  |  |  |  |
| *unsure / unreported* | x |  | x |  |
| 5.4 Are findings convincing? | *convincing* |  | x |  |  |
| *not convincing* |  |  |  | x |
| *unsure* | x |  | x |  |
| 5.5 Are findings relevant to aims of the study? | *relevant* | x | x | x | x |
| *irrelevant* |  |  |  |  |
| *part relevant* |  |  |  |  |
| 5.6 Are conclusions adequate? | *adequate* | x | x | x | x |
| *inadequate* |  |  |  |  |
| *unsure* |  |  |  |  |
| **Ethics** |  |  |  |  |  |
| 6.1 Clear & coherent reporting of ethical considerations? | *clear* | x |  | x | x |
| *unclear* |  |  |  |  |
| *unsure /unreported* | x |  |  |  |
| **Overall quality**: G=Good; M=Moderate P=Poor | | P | G | M | G |