Table S2: Assessment of quality of included studies

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| Quantitative randomised controlled trials  |
| Study ID | Randomisation appropriately performed | Groups comparable at baseline | Complete outcomes data | Outcome assessor blinded | Adherence to intervention | Summary rating |
| Drummond et al (2014) | Yes | Not yet known | Not yet known | Yes | Not yet known | High (expected based on study protocol) |
| Eddy et al (2017) | No | Can’t tell | No | No | No | Low |
| Hauken et al (2015) | No | Not yet known | Not yet known | No | Not yet known | Moderate (expected based on study protocol) |
| Lachman et al (2017) | Yes | Yes | Yes | Yes | Yes | High |
| Letourneau et al (2011) | No | Yes | No | Yes | No | Moderate |
| Leventhal et al (2015) | Yes | Yes | Yes | No  | Yes | High |
| Swenson et al (2010) | Yes | Yes | Yes | No | Yes | High |
| Van Voorhees et al (2008) | Yes | Yes | Yes | No | Yes | High |
| Quantitative non-randomised studies |
|  | Participants representative of target population | Measurements appropriate regarding both the outcome and the intervention/ exposure | Outcomes data complete | Confounders accounted for in analysis | Intervention administered as intended | Summary rating |
| Asghar et al (2018) | Can’t tell | No | No | No | No | Low |
| Bohleber et al (2016) | No | Yes | No | Yes | No | Low |
| Byrne et al (2012) | No | Yes | Can’t tell | Yes | Yes | Moderate |
| Cho et al (2013) | No | Yes | No | No | Yes | Moderate |
| Cluver et al (2017) | Yes | No | Yes | No | Yes | Moderate |
| DeWit et al (2016) | Yes | Yes | No | Yes | Can’t tell | Moderate |
| January et al (2016) | Can’t tell | No | Can’t tell | Yes | Yes | Low |
| Marcynyszyn et al (2011) | Yes  | Yes | Yes | No | No | Moderate |
| Nabuco et al (2014) | Can’t tell | Can’t tell | Can’t tell | Yes | Yes | Moderate |
| Pancer et al (2013) | Can’t tell | Yes | Yes | Yes | Yes | High |
| Schwartz et al (2013) | Yes | No | Yes | Yes | Can’t tell | Moderate |
| Stubbs and Achat (2016) | No | No | Can’t tell | No | No | Low |
| Valdez et al (2011) | Can’t tell | No | No | No | No | Low |
| Valdez et al (2013) | Can’t tell | Yes | No | No | Yes | Moderate |
| Van Dam et al (2017) | Yes | No | Yes | No | No | Moderate |
| Vazquez et al (2017) | Can’t tell | Can’t tell | No | No | Can’t tell | Low |
| Vella et al (2018) | Can’t tell | Yes | Not yet known | Yes | Not yet known | Moderate (expected based on study protocol) |
| Qualitative studies |
| Study ID | Appropriate qualitative approach | Adequate data collection methods | Findings adequately derived from data | Interpretation of results sufficiently substantiated by data | Coherence between data sources, collection, analysis and interpretation | Summary rating |
|  |  |  |  |  |  |  |
| Asghar et al (2018) | Yes | Yes | Yes | No  | No | Moderate |
| Ayton and Joss (2014) | Yes | No | Yes | Yes | Yes | High |
| Branch et al (2013) | Yes | No | Can’t tell | No | No | Low |
| Deutsch et al (2017) | Yes | Yes | Yes | Yes | Yes | High |
| Mitchell et al (2015) | Can’t tell | No | Can’t tell | Can’t tell | Can’t tell | Low |
| Romjinders et al (2017) | Yes | Yes | Yes | Yes | Yes | High |
| Schwartz et al 2013 | Yes | Yes | Yes | Yes | Yes | High |
| Vazquez et al (2017) | Yes | Can’t tell | Can’t tell | Can’t tell | Can’t tell | Low |
| Mixed methods studies |
|  | Adequate rationale for using mixed method | Different components effectively integrated | Outputs of the integration of qual. and quant. components adequately interpreted | Divergences and inconsistencies between quant. And qual. results adequately addressed | Different components adhere to quality criteria of each tradition of methods involved | Summary score |
| Asghar et al (2018) | No | Yes | No | Yes | No | Moderate |
| Schwartz et al (2013) | Yes | Yes | Yes | Yes | No | High |