

## Multimedia Appendix 2. Quality of studies

### 1. Quality of quantitative studies based on *Quality Assessment Tool for Quantitative Studies*<sup>1</sup>

1. STRONG

2. MODERATE

3. WEAK

N/A. Not Applicable

N/M. Not mentioned

First Author	SELECTION BIAS	STUDY DESIGN	CONFOUNDERS	BLINDING	DATA COLLECTION METHOD	WITHDRAWALS AND DROP-OUTS	INTERVENTION INTEGRITY	ANALYSES	GLOBAL RATING
Anthony [52]	1	2	1	1	1	N/A	N/A	1	1
Bhandari [46]	1	2	1	1	1	N/A	N/A	1	1
Brouwer [78]	1	1	1	1	1	N/A	N/A	1	1
Chilukuri [59]	2	1	1	2	2	N/A	N/A	1	2
Choi [54]	1	1	1	1	2	N/A	N/A	2	1
Chou [79]	1	1	1	1	2	2	N/A	1	1
Chu [62]	2	1	2	1	1	2	2	1	2
Dart [81]	1	1	2	1	2	N/A	N/A	1	2
Dart [80]	2	2	2	1	2	N/A	N/A	1	2
Dudas [82]	1	2	2	1	2	1	N/A	1	2
Eddens [65]	1	1	1	1	1	N/A	N/A	1	1
Feng [40]	1	1	1	1	1	N/A	N/A	1	1
Fowles [84]	2	2	2	2	2	1	N/A	1	2
Geraghty [63]	1	1	2	1	1	N/A	N/A	1	1
Gordon [86]	2	1	1	1	1	2	N/A	1	2
Jones [71]	1	2	2	1	2	2	N/A	1	2
Kontos [67]	2	1	1	1	1	N/A	N/A	1	1
Kontos [12]	2	1	1	1	1	N/A	N/A	1	1
Lee [48]	1	1	2	1	1	2	N/A	1	1
Liszka [89]	2	1	2	1	2	N/A	N/A	1	2

<sup>1</sup> Thomas BH, Ciliska D, Dobbins M, Micucci S. A process for systematically reviewing the literature: providing the research evidence for public health nursing interventions. *Worldviews Evid Based Nurs* 2004; 1(3):176–84. PMID: [17163895](https://pubmed.ncbi.nlm.nih.gov/17163895/)

Lorence [90]	1	1	2	1	1	N/A	N/A	1	1
Lustria [7]	1	1	1	1	1	N/A	N/A	1	1
Massey [49]	1	2	1	1	1	N/A	N/A	1	1
Miller [56]	1	2	1	1	1	N/A	N/A	1	1
Neuenschwander [93]	1	1	1	1	2	N/A	N/A	1	2
Neuenschwander, [34]	2	1	2	1	2	2	2	1	2
Nolke [95]	2	2	1	1	1	N/A	N/A	1	2
Paul [60]	2	2	2	1	2	2	N/A	1	2
Reinwand [6]	2	1	2	1	1	N/A	N/A	1	2
Ryan [57]	2	1	2	2	1	N/M	2	1	2
Sadah [96]	2	2	2	1	2	N/A	N/A	1	2
Sarkar [72]	1	2	2	1	2	N/A	N/A	1	2
Schmeida [97]	N/M	N/M	N/M	N/M	N/M	N/A	N/A	1	3
Vanderbilt [98]	2	1	2	1	1	N/M	N/M	1	2
Viswanath [99]	1	2	1	1	2	N/A	N/A	1	2
Viswanath [10]	1	1	2	1	1	1	1	1	1
Wang [100]	2	1	2	1	1	N/A	N/A	1	2
Yamin [102]	1	1	2	1	1	N/A	N/A	1	1
Zach [47]	2	2	2	2	2	N/A	N/A	1	2
Zhao [48]	1	1	2	1	1	N/A	N/A	1	1

2. Quality of qualitative studies including participatory research action which used a qualitative method based on Letts and all (2007)<sup>2</sup>

1. STRONG

2. MODERATE

3. WEAK

N/A. Not Applicable

N/M. Not mentioned

First Author	Study purpose	Literature	Study design	Qualitative methods	Sampling	Data collection	Data analyses	Overall rigour	Conclusions & implications	Global rating
Apter [64]	2	1	2	2	N/M	2	N/M	3	2	3
Atkinson [61]	1	1	1	1	1	1	1	1	1	1
Atkinson [76]	1	1	1	1	1	1	1	1	1	1
Bacigalupe [45]	1	1	1	1	1	1	1	1	1	1
Bell [77]	1	1	1	1	1	1	1	1	1	1
Gibbons [85]	1	1	2	2	3	3	3	3	2	3
Gordon [53]	1	1	1	N/M	1	N/M	N/M	3	1	3
Kontos [36]	1	1	1	1	1	2	1	1	1	1
Newman [94]	1	1	1	1	1	1	1	2	2	2
West [101]	1	1	1	1	1	2	2	2	2	2

<sup>2</sup> Letts, L., S. Wilkins, M. Law, D. Stewart, J. Bosch, M. Westmorland (2007). Quality Assessment Tool for Qualitative Studies. Critical Review Form – Qualitative Studies, version 2.0, Hamilton (Ontario), University McMaster.

3. Quality of mixed methods studies based on criteria of Schifferdecker & Reed<sup>3</sup> including participatory research action, which used a mixed method.

Y = Yes

N = No

P = partially

N/A. Not Applicable

N/M. Not mentioned

First Author	Identify the study design	Decide on prominence of each data type, analysis, and results	Develop sampling strategies and determine how and when data are collected, analyzed, integrated	Set realistic time requirements	Use software	Review mixed methods articles to generate ideas
Breitenstein [41]	Y	Y	Y	Y	N/M	P
Carlson [50]	Y	P	Y	Y	P	P
Kerr [87]	Y	Y	Y	Y	Y	P
Kukafka [88]	Y	Y	Y	Y	Y	P
Lindsay [33]	P	Y	Y	Y	Y	P
Malone [91]	P	P	P	Y	P	P

<sup>3</sup> Schifferdecker, K. E., Reed, V. A. Using mixed methods research in medical education: Basic guidelines for researchers. Medical Education 2009; 43: 637-644. DOI: 10.1111/j.1365-2923.2009.03386.x

#### 4. Quality of literature reviews based on AMSTAR<sup>4</sup>

Y = Yes

N = No

P = Partially

C = Can not answer

N/A. Not Applicable

First Author	The research question and inclusion criteria should be established before the conduct of the review.	There should be at least two independent data extractors and a consensus procedure for disagreements should be in place.	At least two electronic sources should be searched. The report must include years and databases used. Key words and/or MESH terms must be stated and where feasible the search strategy should be provided. All searches should be supplemented by consulting current contents, reviews, textbooks, specialized	The authors should state that they searched for reports regardless of their publication type. The authors should state whether or not they excluded any reports (from the systematic review), based on their publication status, language etc.	A list of included and excluded studies should be provided.	In an aggregated form such as a table, data from the original studies should be provided on the participants, interventions and outcomes. The ranges of characteristics in all the studies analyzed e.g. age, race, sex, relevant socioeconomic data, disease status, duration, severity, or other diseases should be reported.	'A priori' methods of assessment should be provided (e.g. for effectiveness studies if the author(s) chose to include only randomized, double-blind, placebo controlled studies, or allocation concealment as inclusion criteria); for other types of studies alternative items will be relevant.	The results of the methodological rigor and scientific quality should be considered in the analysis and the conclusions of the review, and explicitly stated in formulating recommendations.	For the pooled results, a test should be done to ensure the studies were combinable, to assess their homogeneity (i.e. Chi-squared test for homogeneity, I <sup>2</sup> ). If heterogeneity exists a random effects model should be used and/or the clinical appropriateness of combining should be taken into consideration (i.e. is it sensible to combine?).	An assessment of publication bias should include a combination of graphical aids (e.g., funnel plot, other available tests) and/or statistical tests (e.g., Egger regression test).	Potential sources of support should be clearly acknowledged in both the systematic review and the included studies.
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<sup>4</sup> Shea BJ, Grimshaw JM, Wells GA, Boers M, Andersson N, Hamel C, et al. Development of AMSTAR: a measurement tool to assess the methodological quality of systematic reviews. *BMC Medical Research Methodology* 2007; 7:10–10. PMID: 17302989

			registers, or experts in the particular field of study, and by reviewing the references in the studies found.									
Chou [21]	P	P	P	Y	N	Y	Y	C	N	N	N	
Dorstyn [18]	Y	Y	Y	Y	N	Y	Y	Y	N	N	N	
Gibbons [17]	Y	P	N	N	N	N	N	P	N	N	N	
Huxley [20]	Y	C	Y	Y	N	P	N	N	N	N	N	P
McInnes [22]	Y	Y	Y	Y	N	Y	Y	Y	N	N	N	Y
Montague [19]	N	N	P	Y	N	N	N	N	N	N	N	P
Piette [15]	N	N	N	N	N	N	N	N	N	N	N	Y

\*The references that follow are consistent with the references of the article.

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