

## Supplementary File 1 (Detailed Quality Assessment)

Categorisation into High, Medium and Low Quality								
There are five MMAT-criteria each for qualitative and quantitative studies; and JG categorised studies as high, medium, or low quality if they met 4-5, 3, 1-2 criteria respectively. For mixed methods studies with 15 (or in one case 20) criteria, JG divided them into high, medium and low quality if they fulfilled 11-15 (12-20), 8-10 (9-12), 1-7 (1-8) criteria.								
Overview Quality Assessment (MMAT)								
Methodological Quality Criteria (Qualitative Studies)		Cooper	Dabrera	Michie	Ryder	Wong		
Screening Questions	Are there clear research questions?	Yes	Yes	Yes	Yes	Yes		
	Do the collected data allow to address the research questions?	Yes	Yes	Yes	Yes	Yes		
Criteria for qualitative studies	1) Is the qualitative approach appropriate to answer the research question?	Yes	Yes	Yes	Yes	Yes		
	2) Are the qualitative data collection methods adequate to address the research question?	Yes	No	Yes	Yes	Yes		
	3) Are the findings adequately derived from the data?	Yes	Yes	Yes	Yes	Yes		
	4) Is the interpretation of results sufficiently substantiated by data?	Yes	Yes	Yes	Yes	Yes		
	5) Is there coherence between qualitative data sources, collection, analysis and interpretation?	Yes	Not clear	Yes	Yes	Yes		
<u>Quality Overall</u>		<u>High (5/5)</u>	<u>Medium (3/5)</u>	<u>High (5/5)</u>	<u>High (5/5)</u>	<u>High (5/5)</u>		
Methodological Criteria (Quantitative Studies)		Black	Darin	Gudka	Hussainy	Ragland	Rodriguez	Whelan
Screening Questions	Are there clear research questions?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do the collected data allow to address the research questions?	Not clear	Not clear	Yes	Yes	Yes	Yes	Yes
Criteria for quantitative descriptive studies	1) Is the sampling strategy relevant to address the research question?	Not clear	No	Yes	Yes	Yes	Yes	Yes
	2) Is the sample representative of the target population?	Not clear	Not clear	Not clear	Yes	Not clear	Yes	Yes
	3) Are the measurements appropriate?	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	4) Is the risk of nonresponse bias low? (acceptable response rate is 60% or above)	Not clear	Not clear	No	No	No	No	No

	5) <i>Is the statistical analysis appropriate to answer the research question?</i>	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<i>Quality Overall</i>		<u>Low (2/5)</u>	<u>Low (2/5)</u>	<u>Medium (3/5)</u>	<u>High (4/5)</u>	<u>Medium (3/5)</u>	<u>High (4/5)</u>	<u>High (4/5)</u>
<b>Methodological Criteria (Mixed Methods Studies)</b>		<b>Chaumont</b>	<b>Debattista / Emmerton</b>	<b>Deeks / Parker</b>	<b>Downing</b>	<b>GUdka</b>	<b>Heller</b>	<b>Thomas</b>
<i>Screening Questions</i>	<i>Are there clear research questions?</i>	Yes	Not clear	Yes	Yes	Yes	Yes	Yes
	<i>Do the collected data allow to address the research questions?</i>	Yes	Not clear	Yes	Yes	Yes	Yes	Yes
<i>Criteria for the qualitative part of the study</i>	1) <i>Is the qualitative approach appropriate to answer the research question?</i>	Yes	Not clear	Yes	Yes	Yes	Yes	Yes
	2) <i>Are the qualitative data collection methods adequate to address the research question?</i>	Yes	Not clear	Yes	Not clear	Yes	Yes	Yes
	3) <i>Are the findings adequately derived from the data?</i>	Yes	No	Yes	No	Yes	Not clear	Yes
	4) <i>Is the interpretation of results sufficiently substantiated by data?</i>	Yes	No	Yes	No	Yes	Not clear	Yes
	5) <i>Is there coherence between qualitative data sources, collection, analysis and interpretation?</i>	Yes	No	Yes	Not clear	Yes	Not clear	Not clear
<i>Criteria for non-randomised controlled trials (if appropriate)</i>	1) <i>Are the participants representative of the target population?</i>		Yes					
	2) <i>Are measurements appropriate regarding both the outcome and intervention (or exposure)?</i>		Yes					
	3) <i>Are there complete outcome data? (80% or above)</i>		No					
	4) <i>Are the confounders accounted for in the design and analysis?</i>		Not applicable					
	5) <i>During the study period, is the intervention administered (or exposure occurred) as intended?</i>		Not applicable					
<i>Criteria for quantitative</i>	1) <i>Is the sampling strategy relevant to address the research question?</i>	Yes	Yes	Yes	Yes	Yes	Yes	Yes

<i>descriptive studies (if appropriate)</i>	2) <i>Is the sample representative of the target population?</i>	Yes	Not clear	Not clear	Not clear	Yes	Not clear	Yes
	3) <i>Are the measurements appropriate?</i>	Yes	Not clear	Yes	Yes	Yes	Not clear	Yes
	4) <i>Is the risk of nonresponse bias low? (acceptable response rate is 60% or above)</i>	No	No	No	No	No	No	Yes
	5) <i>Is the statistical analysis appropriate to answer the research question?</i>	Yes	Not clear	Yes	Not clear	Yes	Not clear	Yes
<i>Criteria on the mixed methods study components</i>	1) <i>Is there an adequate rationale for using a mixed methods design to address the research question?</i>	Yes	Not clear	Not clear	Yes	Yes	No	Not clear
	2) <i>Are the different components of the study effectively integrated to answer the research question?</i>	Not clear	Not clear	Yes	Not clear	No	No	Not clear
	3) <i>Are the results adequately brought together into overall interpretations?</i>	No	No	No	Not clear	No	No	Yes
	4) <i>Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?</i>	Yes	No	Yes	No	Not clear	No	Yes
	5) <i>Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?</i>	Yes	No	No	No	Yes	No	Not clear
<b><u>Overall Quality</u></b>	<u>High (12/15)</u>	<u>Low (3/20)</u>	<u>Medium (10/15)</u>	<u>Low (4/5)</u>	<u>High (11/15)</u>	<u>Low (3/15)</u>	<u>High (11/15)</u>	