

Table S4 Quality appraisal results

Joanna Briggs Institute (JBI) scores for qualitative studies												
Study	JBI score	Results of quality appraisal	Is there congruity between the stated philosophical perspective and the research methodology?	Is there congruity between the research methodology and the research question or objectives?	Is there congruity between the research methodology and the methods used to collect data?	Is there congruity between the research methodology and the representation and analysis of data?	Is there congruity between the research methodology and the interpretation of results?	Is there a statement locating the researcher culturally or theoretically?	Is the influence of the researcher on the research, and vice-versa, addressed?	Are participants, and their voices, adequately represented?	Is the research ethical according to current criteria or, for recent studies, and is there evidence of ethical approval by an appropriate body?	Do the conclusions drawn in the research report flow from the analysis, or interpretation, of the data?
Rieckert (2018)	9	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Clyne (2016)	8	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Unclear	Yes	Yes	Yes
Heser (2018)	8	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Unclear	Yes	Yes	Yes
Straßner (2017)	8	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Unclear	Yes	Yes	Yes
Pohontsch (2017)	8	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Unclear	Yes	Yes	Yes
Heyworth (2013)	8	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Unclear	Yes	Yes	Yes
Anderson (2017)	7	Low quality	Unclear	Yes	Yes	Yes	Yes	Unclear	Unclear	Yes	Yes	Yes
Schuling	7	Low	Unclear	Yes	Yes	Yes	Yes	Unclear	Unclear	Yes	Yes	Yes

(2012)		quality										
Hansen (2018)	7	Low quality	Unclear	Yes	Yes	Yes	Yes	Unclear	Unclear	Yes	Yes	Yes
Wallis (2017)	7	Low quality	Unclear	Yes	Yes	Yes	Yes	Unclear	Unclear	Yes	Yes	Yes
Weir (2019)	7	Low quality	Unclear	Yes	Yes	Yes	Yes	No	Unclear	Yes	Yes	Yes
Magin (2015)	7	Low quality	Unclear	Yes	Yes	Yes	Yes	No	Unclear	Yes	Yes	Yes
AlRasheed (2018)	7	Low quality	Unclear	Yes	Yes	Yes	Yes	No	Unclear	Yes	Yes	Yes
Frich (2010)	7	Low quality	Unclear	Yes	Yes	Yes	Yes	Unclear	Unclear	Yes	Yes	Yes

Joanna Briggs Institute (JBI) scores for cross sectional studies										
Study	JBI score	Results of quality appraisal	Were the criteria for inclusion in the sample clearly defined?	Were the study subjects and the setting described in detail?	Was the exposure measured in a valid and reliable way?	Were objective, standard criteria used for measurement of the condition?	Were confounding factors identified?	Were strategies to deal with confounding factors stated?	Were the outcomes measured in a valid and reliable way?	Was appropriate statistical analysis used?
Bradley (2012)	7	High quality	Yes	Yes	Yes	Yes	Yes	Yes	Unclear	Yes
Vatcharavongvan (2019)	8	High quality	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fialová (2005)	7	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Castillo-Páramo (2014)	7	High quality	Yes	Yes	Yes	Yes	Yes	Yes	Unclear	Yes
Nuñez-Montenegro (2019)	7	High quality	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Wang (2019)	6	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Unclear	Yes
Ble (2015)	7	High quality	Yes	Yes	Yes	Unclear	Yes	Yes	Yes	Yes

Moriarty (2015)	6	High quality	Yes	Yes	Yes	Unclear	Yes	Yes	Unclear	Yes
Lopez-Rodriguez (2020)	7	High quality	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
Cahir (2014)	6	High quality	Unclear	Yes	Yes	Unclear	Yes	Yes	Yes	Yes
Bradley (2014)	6	High quality	Unclear	Yes	Yes	Yes	Yes	Yes	Unclear	Yes
Lund (2012)	6	High quality	Yes	Yes	Yes	Not applicable	Yes	Yes	Unclear	Yes
Buck (2009)	7	High quality	Yes	Yes	Yes	Not applicable	Yes	Yes	Yes	Yes
Cahir (2010)	6	High quality	Unclear	Yes	Yes	Not applicable	Yes	Yes	Yes	Yes
Kovačević (2014)	4	Low quality	Yes	Yes	Yes	No	No	No	Unclear	Yes
Lin (2011)	5	Low quality	Unclear	Yes	Yes	Yes	Yes	No	Unclear	Yes
Simões (2019)	6	Low quality	No	Yes	Yes	Yes	Yes	Yes	Unclear	Yes
Howard (2004)	5	Low quality	Unclear	Yes	Yes	No	Yes	Yes	Unclear	Yes
Zeenny (2017)	5	Low quality	Unclear	Yes	Yes	No	Yes	Yes	Unclear	Yes

Awad (2019)	5	Low quality	Unclear	Yes	Yes	No	Yes	No	Yes	Yes
Gorup (2017)	5	Low quality	Yes	Yes	Yes	No	No	No	Unclear	Yes
Mand (2014)	6	Low quality	Unclear	Yes	Yes	Yes	Yes	No	Yes	Yes
Tommelein (2016)	5	Low quality	Unclear	Yes	Yes	Yes	No	No	Yes	Yes
Sakr (2018)	4	Low quality	Unclear	Yes	Yes	Unclear	Yes	No	Unclear	Yes
Hamano	5	Low quality	Unclear	Yes	Yes	Unclear	Yes	Yes	Unclear	Yes
Zhang (2020)	5	Low quality	Yes	Yes	Yes	No	Yes	No	Unclear	Yes
Liu (2020)	5	Low quality	Unclear	Yes	Yes	Yes	Yes	No	Unclear	Yes
Rogero-Blanco (2020)	5	Low quality	Yes	Yes	Yes	Unclear	Yes	No	Unclear	Yes
Bala (2019)	5	Low quality	Unclear	Yes	Yes	No	Yes	Yes	Unclear	Yes
Alhmoud (2015)	6	Low quality	Yes	Yes	Yes	No	Yes	Yes	Unclear	Yes
Sayin (2020)	4	Low quality	Unclear	Yes	Yes	No	Yes	No	Unclear	Yes

Imai (2007)	6	High quality	Yes	Yes	Yes	Not applicable	Yes	Yes	Unclear	Yes
Brekke (2008)	4	Low quality	Unclear	Yes	Yes	Unclear	Yes	No	Unclear	Yes
Ile (2017)	5	Low quality	Unclear	Yes	Yes	No	Yes	Yes	Unclear	Yes

Joanna Briggs Institute (JBI) scores for cohort studies													
Study	JBI score	Results of quality appraisal	Were the two groups similar and recruited from the same population?	Were the exposures measured similarly to assign people to both exposed and unexposed groups?	Was the exposure measured in a valid and reliable way?	Were confounding factors identified?	Were strategies to deal with confounding factors stated?	Were the groups/participants free of the outcome at the start of the study (or at the moment of exposure)?	Were the outcomes measured in a valid and reliable way?	Was the follow up time reported and sufficient to be long enough for outcomes to occur?	Was follow up complete, and if not, were the reasons to loss to follow up described and explored?	Were strategies to address incomplete follow up utilized?	Was appropriate statistical analysis used?
Pugh (2011)	6	High quality	Yes	Yes	Yes	Yes	No	Not applicable	Yes	Not applicable	Not applicable	Not applicable	Yes
Amos (2015)	7	High quality	Yes	Yes	Yes	Yes	Yes	Not applicable	Yes	Not applicable	Not applicable	Not applicable	Yes