

Supplement File 6. Mixed Methods Appraisal Tool assessment of included studies (N = 27 studies, 31 references).

	A					B				
	Randomised appropriately performed	Groups comparable at baseline	Complete outcome data	Outcome assessors blinded to allocation	Adherence to assigned intervention	Participants representative of the target population	Appropriate measurements for the outcome and intervention	Complete outcome data	Confounders accounted in design and analysis	Adherence to assigned intervention
Bonuck 2014	-	-	-	-	?	?	+	-	-	+
Boonrusmee 2021	-	+	+	+	-	+	+	?	+	+
Davies 2005	-	-	-	+	?	+	+	?	-	?
Franco 2008	-	+	-	+	?	+	+	?	-	+
Joury 2016	+	-	+	-	?	+	+	+	+	?
Karasz 2018	+	+	+	+	?	+	+	-	-	+
Kavanagh 2008	-	+	-	+	?	?	+	-	-	?
Kowash 2000	-	+	-	-	?	+	+	-	+	+
Lakshman 2018	+	+	+	+	+	+	+	+	-	?
Maguire 2010	+	-	+	+	?	?	+	+	-	?
Smithers 2017, Jamieson 2018, Jamieson 2019	+	+	-	+	?	+	+	-	-	+
Ventura 2021	+	+	+	-	?	+	+	?	?	+
Weber-Gasparoni 2013a and 2013b	+	-	-	+	?	+	+	+	+	?
Borghese-Lang 2003						?	+	-	-	+
Braun 2017						+	+	?	+	+
Bruerd 1989						+	+	?	-	?
Bruerd 1996						+	+	?	-	+
Cheng 2019						+	+	+	+	?
Hamilton 1999						+	+	-	-	+
Harrison 2003						?	+	-	-	?
Hoeft 2016						+	+	-	+	+
Kahn 2007						+	+	+	-	?
Koelen 2000						?	+	+	-	?
Lawrence 2004						+	+	-	-	+
Schroth 2015						+	+	?	?	+
Sgan-Cohen 2001						+	+	+	+	?
Strippel 2010						+	+	+	-	-
Vichayanrat 2012						+	?	-	-	-

A: quantitative randomised controlled trial design. B: quantitative non-randomised study design.