

Supplementary Table S2. Critical appraisal of included studies

Author (year)	Design	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	JBI score n ítems (%)
Kiyak & Kocoglu (2021) [17]	RCT	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	11/13 (84,6)
Friedler et al. (2017) [18]	Quasi experimental	Yes	Yes	Yes	Yes	Yes	Doubt	Yes	Yes	Yes					8/9 (88,8)
Friedler et al. (2011) [19]	Quasi experimental	Yes	Yes	Yes	Yes	No	Yes	Doubt	Doubt	Doubt					5/9 (55,5)