

**Appendix II:** Data extraction instrument. Extraction of findings from studies.

| <b>Authors (year)</b> | <b>Aim/ purpose</b> | <b>Number of participants</b> | <b>Study population</b> | <b>Origin/ setting</b> | <b>Methods/ Methodology</b> | <b>Main results/ findings</b> | <b>Authors' conclusion</b> | <b>Summary of critical appraisal</b> |
|-----------------------|---------------------|-------------------------------|-------------------------|------------------------|-----------------------------|-------------------------------|----------------------------|--------------------------------------|
|                       |                     |                               |                         |                        |                             |                               |                            |                                      |
|                       |                     |                               |                         |                        |                             |                               |                            |                                      |