

**Supplementary File 3. Quality assessment using the Joanna Briggs Institute critical appraisal tools**

Study	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Raw score
<b>Randomized controlled trials</b>														
Bonovich 1990(1)	U	U	Y	U	N	NA	Y	NA	Y	Y	Y	Y	Y	64%
Butz 2005(2)	Y	Y	Y	U	N	U	Y	N	Y	Y	Y	Y	Y	69%
Craun 1987(3)	U	U	U	U	U	NA	NA	NA	Y	Y	Y	Y	Y	50%
Jurgens 2013(4)	Y	Y	Y	U	N	NA	Y	Y	Y	Y	Y	Y	Y	83%
Scott 2012(5)	Y	Y	Y	N	N	NA	Y	Y	Y	Y	Y	Y	Y	83%
Colland 2004(6)	Y	Y	Y	U	N	U	Y	Y	Y	Y	Y	Y	Y	77%
Eriksen 2010(7)	Y	NA	N	U	N	NA	Y	NA	Y	Y	Y	Y	Y	70%
Hunt 2015(8)	U	U	N	U	N	NA	NA	Y	Y	Y	Y	Y	Y	55%
McLendon 1982(9)	Y	U	N	U	N	U	Y	N	Y	Y	Y	Y	Y	54%
<b>Quasi-experimental studies</b>														
Brailey 1986(10)	Y	U	NA	Y	N	Y	Y	Y	Y					75%
Hendricson 1996(11)	Y	NA	NA	N	NA	NA	NA	Y	Y					75%
Shepherd 2007(12)	Y	NA	NA	N	N	NA	NA	Y	Y					60%
Brooks 2001(13)	Y	U	NA	Y	N	U	Y	Y	Y					63%
Cornell 2015(14)	Y	Y	NA	Y	N	NA	Y	Y	Y					86%
Davis 2019(15)	Y	NA	NA	N	Y	NA	NA	Y	Y					80%
Khokhar 2009(16)	Y	NA	NA	N	N	NA	NA	Y	Y					60%
Luther 1985(17)	Y	NA	NA	N	Y	NA	NA	Y	Y					80%
Matin 2020(18)	Y	NA	NA	N	Y	NA	NA	Y	Y					80%
Robertson 2014(19)	Y	N	NA	Y	N	NA	Y	Y	Y					71%
Sorensen 2005(20)	Y	N	NA	Y	N	NA	Y	Y	Y					71%
Stratton 1994(21)	Y	NA	NA	N	N	NA	NA	Y	Y					60%
Styrd 1982(22)	Y	NA	NA	N	Y	NA	NA	Y	Y					80%
<b>Qualitative research</b>														
Ziadé 2021(23)	Y	Y	U	U	Y	Y	U	N	Y	Y				60%

N: no, NA: not applicable, U: unclear, Y: yes.

**Checklist for randomized controlled trials:**

Q1. Was true randomization used for assignment of participants to treatment groups?

Q2. Was allocation to treatment groups concealed?

- Q3. Were treatment groups similar at the baseline?
- Q4. Were participants blind to treatment assignment?
- Q5. Were those delivering treatment blind to treatment assignment?
- Q6. Were outcomes assessors blind to treatment assignment?
- Q7. Were treatment groups treated identically other than the intervention of interest?
- Q8. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?
- Q9. Were participants analyzed in the groups to which they were randomized?
- Q10. Were outcomes measured in the same way for treatment groups?
- Q11. Were outcomes measured in a reliable way?
- Q12. Was appropriate statistical analysis used?
- Q13. Was the trial design appropriate, and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?

**Checklist for quasi-experimental studies:**

- Q1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?
- Q2. Were the participants included in any comparisons similar?
- Q3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?
- Q4. Was there a control group?
- Q5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?
- Q6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?
- Q7. Were the outcomes of participants included in any comparisons measured in the same way?
- Q8. Were outcomes measured in a reliable way?
- Q9. Was appropriate statistical analysis used?"

**Checklist for qualitative research:**

- Q1. Is there congruity between the stated philosophical perspective and the research methodology?
- Q2. Is there congruity between the research methodology and the research question or objectives?
- Q3. Is there congruity between the research methodology and the methods used to collect data?
- Q4. Is there congruity between the research methodology and the representation and analysis of data?
- Q5. Is there congruity between the research methodology and the interpretation of results?
- Q6. Is there a statement locating the researcher culturally or theoretically?
- Q7. Is the influence of the researcher on the research, and vice-versa, addressed?
- Q8. Are participants, and their voices, adequately represented?
- Q9. Is the research ethical according to current criteria or, for recent studies, and is there evidence of ethical approval by an appropriate body?
- Q10. Do the conclusions drawn in the research report flow from the analysis, or interpretation, of the data?"

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