

Supplement Table 2. Self-assessed scores before and after training

Domain	Score	Before training	After training
Knowledge of conducting a literature search using Scopus	1	5 (14.3)	0 (0.0)
	2	4 (11.4)	0 (0.0)
	3	4 (11.4)	0 (0.0)
	4	0 (0.0)	0 (0.0)
	5	5 (14.3)	0 (0.0)
	6	2 (5.7)	1 (2.9)
	7	8 (22.9)	3 (8.6)
	8	1 (2.9)	17 (48.6)
	9	3 (8.6)	9 (25.7)
	10	3 (8.6)	5 (14.3)
Knowledge of using Quality of Evidence (QoE) - Cambridge quality checklists	1	9 (25.7)	0 (0.0)
	2	6 (17.1)	0 (0.0)
	3	2 (5.7)	0 (0.0)
	4	2 (5.7)	0 (0.0)
	5	3 (8.6)	0 (0.0)
	6	2 (5.7)	4 (11.4)
	7	4 (11.4)	4 (11.4)
	8	1 (2.9)	15 (42.9)
	9	4 (11.4)	8 (22.9)
	10	2 (5.7)	4 (11.4)
Knowledge of using Quality of Evidence (QoE) - Cochrane Risk of Bias Tool for Randomized Controlled Trials	1	8 (22.9)	0 (0.0)
	2	5 (14.3)	0 (0.0)
	3	3 (8.6)	0 (0.0)
	4	2 (5.7)	0 (0.0)
	5	2 (5.7)	1 (2.9)
	6	4 (11.4)	5 (14.3)
	7	5 (14.3)	7 (20.0)
	8	0 (0.0)	13 (37.1)
	9	4 (11.4)	5 (14.3)
	10	2 (5.7)	4 (11.4)
Knowledge of using Quality of Evidence (QoE) - Consolidated Standards of Reporting Trials (CONSORT) guidelines	1	8 (22.9)	0 (0.0)
	2	4 (11.4)	0 (0.0)
	3	3 (8.6)	0 (0.0)
	4	3 (8.6)	0 (0.0)
	5	2 (5.7)	1 (2.9)
	6	4 (11.4)	5 (14.3)
	7	4 (11.4)	6 (17.1)
	8	1 (2.9)	13 (37.1)
	9	4 (11.4)	4 (11.4)
	10	2 (5.7)	6 (17.1)
Knowledge of using Quality of Evidence (QoE) - Jadad (Oxford Quality) scale	1	10 (28.6)	0 (0.0)
	2	4 (11.4)	0 (0.0)
	3	3 (8.6)	0 (0.0)
	4	2 (5.7)	0 (0.0)
	5	2 (5.7)	2 (5.7)
	6	5 (14.3)	4 (11.4)
	7	2 (5.7)	3 (8.6)
	8	1 (2.9)	13 (37.1)
	9	5 (14.3)	6 (17.1)
	10	1 (2.9)	7 (20.0)

Supplement Table 2. Continued

Domain	Score	Before training	After training
Knowledge of the Population, Intervention, Comparison, Outcome (PICO) model for conducting a meta-analysis	1	7 (20.0)	0 (0.0)
	2	4 (11.4)	0 (0.0)
	3	2 (5.7)	0 (0.0)
	4	3 (8.6)	1 (2.9)
	5	3 (8.6)	2 (5.7)
	6	1 (2.9)	5 (14.3)
	7	4 (11.4)	2 (5.7)
	8	5 (14.3)	12 (34.3)
	9	4 (11.4)	8 (22.9)
	10	2 (5.7)	5 (14.3)
Knowledge of the data required to perform a meta-analysis	1	4 (11.4)	0 (0.0)
	2	3 (8.6)	0 (0.0)
	3	6 (17.1)	0 (0.0)
	4	2 (5.7)	1 (2.9)
	5	4 (11.4)	2 (5.7)
	6	4 (11.4)	4 (11.4)
	7	4 (11.4)	4 (11.4)
	8	2 (5.7)	11 (31.4)
	9	4 (11.4)	9 (25.7)
	10	2 (5.7)	4 (11.4)
Knowledge of critical reading of scientific articles	1	0 (0.0)	0 (0.0)
	2	1 (2.9)	0 (0.0)
	3	1 (2.9)	0 (0.0)
	4	3 (8.6)	0 (0.0)
	5	0 (0.0)	1 (2.9)
	6	5 (14.3)	0 (0.0)
	7	8 (22.9)	0 (0.0)
	8	5 (14.3)	11 (31.4)
	9	7 (20.0)	14 (40.0)
	10	5 (14.3)	9 (25.7)
Ability to organize your work and to respect deadlines	1	0 (0.0)	0 (0.0)
	2	0 (0.0)	0 (0.0)
	3	0 (0.0)	0 (0.0)
	4	1 (2.9)	0 (0.0)
	5	4 (11.4)	0 (0.0)
	6	3 (8.6)	0 (0.0)
	7	2 (5.7)	2 (5.7)
	8	4 (11.4)	5 (14.3)
	9	7 (20.0)	12 (34.3)
	10	14 (40.0)	16 (45.7)

Values are presented as number (%).