

**SUPPLEMENTARY FILE 6: QUALITY ASSESSMENT**

Quality Assessment Criteria	
<b>1</b>	Is there adequate rationale for using this design to address the research aim/ question?
<b>2</b>	Did the authors justify the sample size used?
<b>3</b>	Is adequate evidence provided to support the findings?
<b>4</b>	Quantitative Studies: When comparing / analysing the groups (if more than one), did the authors consider the <ul style="list-style-type: none"> <li>- Comparability</li> <li>- Confounding variables</li> </ul> and controlling for these?
<b>5</b>	Qualitative Studies: Did the researchers consider their own position, assumptions and possible biases?
<b>6</b>	Were the strengths and limitations stated?
<b>7</b>	Was ethical committee approval obtained?
<b>8</b>	How valuable is this research to the review? High, Medium or Low

\*Items 1,2,3,5,7,8 from CASP qualitative checklist (CASP 2018a). Items 5, 1 and 7 also from Long (2005). Item 4 from CASP Cohort Study Checklist (CASP 2018b)

**REFERENCES**

Long A (2005). Evaluative tool for mixed method studies. University of Leeds, School of Healthcare[online]. 24:2017.

Critical Appraisal Skills Programme (2018). CASP (Qualitative) Checklist. [online] Available at: [https://casp-uk.net/images/checklist/documents/CASP-Qualitative-Studies-Checklist/CASP-Qualitative-Checklist-2018\\_fillable\\_form.pdf](https://casp-uk.net/images/checklist/documents/CASP-Qualitative-Studies-Checklist/CASP-Qualitative-Checklist-2018_fillable_form.pdf). Date Accessed: 17/2/20

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Quality Assessment Criteria		de Souza[45]	Kessler and Staudinger[37]	Hernandez and Gonzalez[46]	Wilson, Cordier[47]	Biggs and Knox[48]	Knight, Skouteris[35]	Ostensen, Gjevjon[15]	Santini, Tombolesi[49]	Wilson, Cordier[33]
1	Is there adequate rationale for using this design to address the research aim/question?	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	Did the authors justify the sample size used?	UNCLEAR	✓	✓	✓	✓	✓	✓	✓	✓
3	Is adequate evidence provided to support the findings?	✓	✓	✓	✓	UNCLEAR	✓	✓	✓	✓
4	Quantitative Studies: When comparing / analysing the groups (if more than one), did the authors consider the - Comparability - Confounding variables and controlling for these?	N/A	✓	✓	N/A	✓	N/A	N/A	N/A	✓
5	Qualitative Studies: Did the researchers consider their own position, assumptions and possible biases?	UNCLEAR	N/A	N/A	✓	N/A	✓	UNCLEAR	✓	UNCLEAR
6	Were the strengths and limitations stated?	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	Was ethical committee approval obtained?	UNCLEAR	UNCLEAR	✓	✓	✓	✓	✓	UNCLEAR	✓
8	How valuable is this research to the review? High, Medium or Low	HIGH	HIGH	MEDIUM	HIGH	MEDIUM	HIGH	HIGH	HIGH	HIGH