

Study Name	Aims were clearly stated	Research design was appropriate	Recruitment strategy was appropriate	Theories were clearly stated	Usability tested within the study	Patients' engagement looked at within the study	Data collection method was appropriate	Data analysis sufficiently rigorous	Findings were clearly stated	Total Score	Scoring
Adachi, Y (2007). Japan ³¹	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Agarwal, R (2013). USA ⁸⁴	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	✓	8	89%
Agricola, E (2014). Italy ⁸⁵	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8	89%
Aikens, JE (2014). USA ¹⁷⁷	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Andrade, AS (2005). USA ⁴⁹	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8	89%

Norway⁶⁹

Buhrman, M (2004). Sweden ¹¹⁴	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Buhrman, M (2013). Sweden ⁸⁹	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8	89%
Chan, DS (2003). USA ⁵⁷	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Chen, ZW (2008). China ⁴⁴	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Cho, JH (2006). Korea ¹³⁸	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Christensen, A (2010). Poland ¹⁵⁸	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Christensen, H (2004). Australia ¹¹⁵	✓	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	7	78%
Claborn, KR (2014). USA ⁸¹	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	✓	7	78%
Coyle, D (2009). UK ⁵⁵	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	✓	6	67%
Danaher, BG (2006). USA ⁴⁰	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Delbanco, T (2012). USA ²⁰⁰	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	✓	6	67%

Downer, SR (2005). Australia ¹⁶⁰	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Espie, CA (2012). UK ¹⁵²	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Farmer, T (2014). UK ¹⁶¹	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	✓	6	67%
Feldman, PH (2005). USA ⁹⁰	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
Fisher, J (2012). USA ¹¹⁰	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8	89%
Fonda, SJ (2009). USA ¹³⁹	✓	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	7	78%
Franklin, VL (2008). UK ⁵¹	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Franklin, VL (2006). UK ⁶⁵	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Furber, GV (2011). Australia ¹⁸⁸	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Gabriele, JM (2011). USA ⁷²	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Galiano- Castillo, N (2014). Spain ⁵⁸	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Ginsburg, O. M (2014). Bangladesh ¹⁵⁵	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%

Glasgow, RE (2011). USA ⁹⁰	√	√	√	√	√	NR/Unclear	√	√	√	8	89%
Glasgow, RE (2012). USA ¹⁶⁷	√	√	√	√	NR/Unclear	√	√	√	√	8	89%
Glynn, SM (2010). USA ⁹¹	√	√	√	√	√	√	√	√	√	9	100%
Gold, J (2010). Australia ⁷¹	√	√	NR/Unclear	√	NR/Unclear	√	√	√	√	7	78%
Granholm, E (2012). USA ⁶⁷	√	√	√	√	NR/Unclear	√	√	√	√	8	89%
Gray, JE (2000). USA ⁵⁹	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	7	78%
Green, BB (2008). USA ⁷⁷	√	√	√	√	NR/Unclear	√	√	√	√	8	89%
Greene, JA (2011). USA ¹¹¹	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Greysen, SR (2014). USA ¹⁸⁹	√	√	NR/Unclear	NR/Unclear	NR/Unclear	√	√	√	√	6	67%
Gustafson, DH (2001). USA ⁷⁴	√	√	√	√	NR/Unclear	√	√	√	√	8	89%
Gustafson, DH (2005). USA ⁹²	√	√	√	√	√	√	√	√	√	9	100%
Gutierrez, N	√	√	NR/Unclear	NR/Unclear	√	NR/Unclear	√	√	√	6	67%

(2014). USA ⁸³			ear		r							
Habibović, M (2014).	✓	✓	✓	NR/Unclear	✓	NR/Unclear	✓	✓	✓	7		
Netherlands ¹⁹⁷												78%
Harris, LT (2010). USA ¹⁰⁷	✓	✓	✓	NR/Unclear	✓	NR/Unclear	✓	✓	✓	7		78%
Hasin, DS (2014). USA ⁹³	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8		89%
Heisler, M (2014). USA ¹⁶⁸	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8		89%
Helander, E (2014). USA ¹⁷⁸	✓	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	7		78%
Herbst, N (2014). Germany ¹¹⁶	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8		89%
Heyworth, L (2014). USA ¹⁶⁹	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	✓	6		67%
Holtz, B (2014). USA ¹⁷⁹	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7		78%
Houston, TK (2002). USA ¹¹⁷	✓	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	6		67%
Hunter, CM (2008). USA ¹⁸⁰	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7		78%
Hurling, R (2007). UK ⁷⁰	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8		89%
Idriss, SZ (2009). USA ¹⁹⁰	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7		78%

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Irvine, AB (2013). USA ⁹⁴	√	√	√	√	√	√	√	√	√	√	9	100%
Iverson, SA (2008). USA ⁹⁵	√	√	√	NR/Unclear	√	√	√	√	√	√	8	89%
Johnson, F (2011). UK ¹²⁵	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Johnston, JD (2012). USA ⁹⁰	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Kaplan, K (2011). USA ⁴⁵	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Kato, PM (2008). USA ⁷⁵	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Kay-Lambkin, F (2011). Australia ¹⁶²	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Kerr, J (2008). USA ¹¹⁸	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Keyserling, TC (2014). USA ¹⁷⁶	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Kim, CJ (2006). South Korea ¹⁸¹	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Kim, HS (2007). South Korea ¹³⁷	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Kim, HS (2008). South	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%

Korea ¹⁹⁹					r							
Kim, SI (2008). South Korea ¹⁴⁰	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8		89%
King, SN (2012). USA ³⁶	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8		89%
Kinney, AY (2014). USA ⁶⁰	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8		89%
Kiselev, AR (2012). Russia ¹⁵³	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7		78%
Kornman, K PA (2010). Australia ¹²⁶	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7		78%
Krishna, S (2003). USA ⁹⁶	✓	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	6		67%
Zernicke, KA (2014). Canada ¹⁵⁶	✓	✓	✓	✓	✓	✓	✓	✓	✓	9		100%
Schweier, R (2014). Germany ¹⁹⁶	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8		89%
Kulkarni, A (2014). Canada ¹⁷⁵	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	✓	6		67%
Kwon, HS (2004). Korea ³⁹	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7		78%
Jelsma, D (2014).	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7		78%

Netherland ⁵⁶					r							
Lancioni, GE (2012). Italy ¹⁹¹	√	√	√	√	√	√	√	√	√	√	9	100%
Lee, CJ (2010). USA ⁹⁷	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Lee, TI (2007). Taiwan ¹⁸⁵	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Lester, RT (2010). Kenya ¹⁹²	√	√	√	NR/Unclear	√	√	√	√	√	√	8	89%
Lewis, N (2009). USA ⁹⁸	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Liew, SM (2009). Malaysia ¹⁶³	√	√	√	√	√	NR/Unclear	√	√	√	√	8	89%
Lorig, KR (2006). USA ⁹⁹	√	√	√	√	√	√	√	√	√	√	9	100%
Magnezi, R (2014). Israel ⁵²	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
McCann, L (2009). UK ¹⁵⁷	√	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	7	78%
McCarrier, KP (2009). USA ¹⁴¹	√	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	7	78%
McInnes, DK (2013). USA ¹⁹⁸	√	√	NR/Unclear	NR/Unclear	NR/Unclear	√	√	√	√	√	6	67%
McInnes, DK (2014). USA ¹⁶⁴	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%

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McKay, HG (2008). USA ¹³³	√	√	√	√	√	√	√	√	√	√	9	100%
McKay, HG (2002). USA ⁵³	√	√	√	√	√	NR/Unclear	√	√	√	√	8	89%
McKay, HG (2001). USA ⁵⁴	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
McMahon, G (2005). USA ¹⁴³	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Meglic, M (2010). Slovenia ¹⁷⁰	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Meigs, JB (2003). USA ¹⁴⁴	√	√	√	NR/Unclear	√	√	√	√	√	√	8	89%
Meiland, FJM (2014). Netherlands ⁶¹	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Napolitano, MA (2003). Australia ³²	√	√	√	√	NR/Unclear	√	√	√	√	√	8	89%
Nguyen, HQ (2008). USA ¹²²	√	√	√	√	√	√	√	√	√	√	9	100%
Oh, E (2009). Australia ¹⁵⁹	√	√	NR/Unclear	√	√	√	√	√	√	√	8	89%
Osborn, CY (2013). USA ¹⁰⁰	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%
Ostojic, V	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	√	7	78%

(2005). USA¹²³

Park, MJ (2012). South Korea ¹²⁷	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Park, MJ (2009). South Korea ¹⁵⁴	✓	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	7	78%
Parr, JM (2011). Australia ¹⁷¹	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Patrick, K (2009). USA ¹²⁸	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Petersen, R (2008). USA ¹²⁹	✓	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	6	67%
Phillips, JH (2014). Australia ¹⁹⁵	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Plotnikoff, RC (2005). Canada ¹⁸²	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Price, M (2014). USA ⁶²	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Quinn, CC (2008). USA ¹⁴⁵	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Ralston, JD (2009). USA ¹⁴⁶	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Ramaekers, BL (2009). Netherlands ⁴⁸	✓	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	6	67%

Rami, B (2006). Australia ¹⁴²	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Read, E (2014). Canada ⁷⁸	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Reback, CJ (2012). USA ⁷⁹	✓	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	6	67%
Richardson, A (2013). USA ¹³⁵	✓	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	7	78%
Rodgers, A (2005). New Zealand ⁶⁸	✓	✓	NR/Unclear	NR/Unclear	✓	NR/Unclear	✓	✓	✓	6	67%
Rooke, SE (2014). Australia ¹⁰¹	✓	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	8	89%
Ross, SE (2004). USA ¹⁰²	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Rotondi, A (2010). USA ¹¹⁹	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Roy, H (2008). UK ¹²⁰	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Santschi, V (2007). Switzerland ¹⁷²	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Scherr, D (2009). Austria ³⁸	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Schnall, R	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%

(2014). USA¹⁸⁷

Sciamanna, CN (2006). USA ¹⁸⁶	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
Shaw, LH (2002). USA ⁵⁰	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	✓	7	78%
Shrier, LA (2014). USA ¹⁰⁹	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
Simon, GE (2011). USA ⁷³	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8	89%
Sims, H (2012). UK ¹⁶⁵	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	✓	7	78%
Smith, KE (2004). USA ¹⁴⁸	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	✓	7	78%
Song, H (2013). USA ⁴²	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
Španiel, F (2008). UK ⁶³	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	✓	7	78%
Stacy, JN (2009). USA ⁶⁶	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8	89%
Steele, R (2007). Australia ⁴¹	✓	✓	NR/Unclear	✓	✓	NR/Unclear	✓	✓	✓	✓	7	78%
Steinberg, DM (2014). USA ¹³⁰	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	✓	8	89%
Stockwell, MS	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	✓	7	78%

Canada ¹⁰³											
van den Berg, MH (2007). Netherlands ¹⁰⁴	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
van der Vaart, R (2014). Netherlands ¹⁷⁴	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
Vilella, A (2004). Spain ¹⁷³	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Villegas, N (2014). Chile ¹⁰⁵	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
Wakefield, BJ (2008). USA ⁴⁷	✓	✓	✓	NR/Unclear	NR/Unclear	NR/Unclear	✓	✓	✓	6	67%
Ware, LJ (2008). UK ¹³²	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	✓	8	89%
Weppner, WG (2010). USA ¹⁵⁰	✓	✓	✓	NR/Unclear	NR/Unclear	✓	✓	✓	✓	7	78%
Williamson, DA (2006). USA ¹⁹⁴	✓	✓	✓	✓	✓	NR/Unclear	✓	✓	✓	8	89%
Winstead-Derlega, C (2012). USA ³⁵	✓	✓	✓	NR/Unclear	✓	NR/Unclear	✓	✓	✓	7	78%
Winzelberg, AJ (2000). USA ¹⁰⁶	✓	✓	✓	✓	✓	✓	✓	✓	✓	9	100%
Womble, LG (2004). USA ¹⁹³	✓	✓	✓	NR/Unclear	✓	NR/Unclear	✓	✓	✓	7	78%

Yoon, KH (2008). Korea ¹⁵¹	√	√	√	NR/Unclear	NR/Unclear	√	√	√	√	7
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78%

√=Yes, NR=Not recorded.