

Multimedia Appendix. Study Quality according to Mixed Methods Appraisal Tool (MMAT).

Qualitative studies					
Author	1.1	1.2	1.3	1.4	MMAT score
	Are the sources of qualitative data relevant to address the question?	Is the process for analyzing data relevant to address the question?	Is consideration given to how findings relate to the context?	Is consideration given to how findings relate to researcher influence?	
Lenhard et al. [80]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Quantitative randomized controlled trials					
Author	2.1	2.2	2.3	2.4	MMAT score
	Is there a clear description of the randomization or appropriate sequence generation?	Is there a clear description of the allocation concealment?	Are there complete outcome data (80% or above)?	Is there low withdrawal/drop-out (below 20%)?	
Donovan et al. [46]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Anderson et al. [47]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Merry et al. [71]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Spence et al. [48]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
March et al. [49]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Van Voorhees et al. [63]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Van Voorhees et al. [64]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Van Voorhees et al. [65]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Spence et al. [50]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Morgan et al. [36]	<input type="checkbox"/>	x	<input type="checkbox"/>	<input type="checkbox"/>	75
Wuthrich et al. [53]	<input type="checkbox"/>	x	<input type="checkbox"/>	<input type="checkbox"/>	75
Khanna et al.	<input type="checkbox"/>	x	<input type="checkbox"/>	<input type="checkbox"/>	75

[38]					
Reuland et al. [43]	x	x	☐	☐	50
Tillfors et al. [54]	x	x	☐	☐	50
Vigerland et al. [42]	x	x	☐	☐	50
Kobak et al. [61]	x	x	☐	☐	50
Gladstone et al. [69]	x	x	☐	☐	50
Hoek et al. [76]	☐	☐	x	x	50
Storch et al. [41]	☐	x	☐	x	25
Salloum et al. [40]	x	☐	x	x	25
Eisen et al. [70]	x	x	o	o	0
Quantitative non-randomized trials					
Author	3.1	3.2	3.3	3.4	MMAT score
	Are participants recruited in a way that minimizes selection bias?	Are measurements appropriate regarding the exposure / intervention, outcomes?	In the groups being compared, are the participants comparable, or do researchers take into account the difference between these groups?	Are there complete outcome data (80% or above), and, when applicable, an acceptable response rate (60% or above), or an acceptable follow-up rate for cohort studies (depending on the duration of follow-up)?	
Sapru et al. [73]	x	☐	☐	x	50
Quantitative descriptive studies					
Author	4.1	4.2	4.3	4.4	MMAT score
	Is the sampling strategy relevant to address the research question?	Is the sample representative of the population under study?	Are measurements appropriate?	Is there an acceptable response rate (60% or above)?	
Carrasco et al. [81]	☐	☐	☐	☐	100
Rice et al. [59]	☐	☐	☐	☐	100
Simmons et al. [56]	☐	☐	☐	☐	100
Lenhard et al.	☐	☐	☐	☐	100

[78]																
Sarver et al. [55]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Bobier et al. [75]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Crawford et al. [37]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Ruby et al. [67]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Vigerland et al. [79]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Van Voorhees et al. [66]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Ercan et al. [77]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Cunningham et al. [52]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100
Brezinka et al. [51]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	75
Brezinka et al. [74]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	75
Pramana et al. [45]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50
Hetrick et al. [58]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50

Mixed methods studies																
Author	1.1	1.2	1.3	1.4	3.1	3.2	3.3	3.4	4.1	4.2	4.3	4.4	5.1	5.2	5.3	MMAT score
	Are the sources of qualitative data relevant to address the question?	Is the process for analyzing data relevant to address the question?	Is consideration given to how findings relate to the context?	Is consideration given to how findings relate to researcher influence?	Are participants recruited in a way that minimizes selection bias?	Are measurements appropriate regarding the exposure / intervention, outcomes?	In the groups being compared, are the participants comparable, or do researchers take into account the difference between these groups?	Are there complete outcome data (80% or above), and, when applicable, an acceptable response rate (60% or above), or an acceptable follow-up rate for cohort studies (depending on	Is the sampling strategy relevant to address the research question?	Is the sample representative of the population under study?	Are measurements appropriate?	Is there an acceptable response rate (60% or above)?	Is the design relevant to address the question?	Is the integration of data / results relevant to address the question?	Is consideration given to the limitations associated with this integration in a triangulation design?	

								the duration of follow-up?								
Hetrick et al. [57]	☐	☐	x	☐					☐	☐	☐	☐	☐	☐	☐	100
Salloum et al. [39]	☐	☐	☐	x					☐	☐	☐	☐	☐	☐	x	75
Cunningham et al. [44]	☐	☐	☐	☐					☐	☐	☐	☐	☐	☐	x	75
Ranney et at. [60]	☐	☐	☐	x					☐	☐	☐	☐	☐	☐	☐	75
Iloabachie et al. [68]	☐	☐	☐	☐					☐	☐	☐	x	☐	☐	☐	75
Demaso et al. [72]	☐	☐	x	x					☐	☐	☐	x	☐	☐	x	50
Davidson et al. [62]	☐	☐	x	x					x	x	x	☐	☐	☐	x	25

☐=yes; x=no; o=can't tell; RCT: Randomized Controlled Trial; MMAT=Mixed Methods Appraisal Tool; All studies undergoing quality assessment passed the screening questions: 1) Clear research question? 2) Do collected data address the question?