Supplementary file 3. Quality assessment form.

Author, year	1. Was there a clear statement of the aims of the research?	2. Is a qualitative methodology appropriate?	3. Was the research design appropriate to address the aims of the research?	4. Was the recruitment strategy appropriate to the aims of the research?	5. Was the data collected in a way that addressed the research issue?	6. Has the relationship between researcher and participants been adequately considered?	7. Have ethical issues been taken into consideration?	8. Was the data analysis sufficiently rigorous?	9. Is there a clear statement of findings?	10. How valuable is the research?
Wallace and Brinister, 2010	yes	yes	yes (but authors did not discussed how they decided to use qualitative methods)	can't tell (researcher has explained how participants were selected , but didn't provide reasons for selection and drop outs)	yes	yes	yes	yes	yes	yes (but identification of new areas where research is necessary not clear stated)
Shah et al , 2016	yes	can't tell	yes (rationale for using qualitative methods were given)	yes (but drop outs were not discussed)	yes	can't tell	yes	yes	yes	yes
Malik et al , 2010	yes	can't tell	can't tell	yes	no	can't tell	yes	no	yes	yes
Kotzee and Couper, 2006	yes	can't tell	can't tell	no	yes	can't tell	yes	no	yes	yes
Ashmore, 2013	yes	yes	yes	yes	yes	can't tell	yes	no	yes	yes
Feliciano et al, 2011	yes	yes	yes	can't tell	yes	can't tell	yes	yes	yes	yes

Li et al, 2017	yes	yes	yes	can't tell	yes	can’t tell	yes	yes	yes	yes
Liadove et al, 2017	yes	yes	yes	can't tell	no	no	can’t tell	can't tell	no	yes
Luboga et al, 2010	yes	can't tell	yes	yes	yes	can’t tell	yes	can't tell	yes	yes
Chen et al., 2017	yes	yes	yes	yes	yes	can't tell	yes	yes	yes	can't tell