

Supplementary Table 1. Quality appraisal form items

Approach and design					
1	<p>Was the research problem and/or research question clearly reported/defined?</p> <ul style="list-style-type: none"> • Description and significance of the problem/phenomenon studied? • Is there an explicit formulation of a research question or a statement drawing on a SPICE/PICO structure? 	Yes	Partially	No	Unclear
2	<p>Was there a clear statement of the aims and/or objectives of the research?</p> <ul style="list-style-type: none"> • Did the researchers explicitly state the specific research objectives? 	Yes	Partially	No	Unclear
3	<p>Was a qualitative methodology appropriate?</p> <ul style="list-style-type: none"> • Did the study seek to interpret or illuminate the actions and/or subjective experiences of research participants? 	Yes	Partially	No	Unclear
4	<p>Was the research design appropriate to address the aims of the research?</p> <ul style="list-style-type: none"> • Did the researcher justify the research design (e.g. have they discussed how they decided which method to use)? 	Yes	Partially	No	Unclear
5	<p>Was the sampling and recruitment strategy clearly defined and justified?</p> <ul style="list-style-type: none"> • Did the researchers explain how and why the participants were selected? • Is there information about participant characteristics and if/why any participants chose not to take part? • Was saturation discussed/achieved? 	Yes	Partially	No	Unclear
Data collection					
6	<p>Was the method of data collection well described?</p> <ul style="list-style-type: none"> • Was the setting justified? • Is it clear what methods used to collect data? • Were methods justified and made explicit? • Were methods modified during the study (how, why)? 	Yes	Partially	No	Unclear
7	<p>Were any techniques to enhance trustworthiness used?</p> <ul style="list-style-type: none"> • e.g. member checking, audit trail, triangulation 	Yes	Partially	No	Unclear
8	<p>Has the relationship between researchers and participants been adequately considered?</p> <ul style="list-style-type: none"> • Did the researchers critically examine their own role, bias and influence? • Did the researchers consider the implications of any changes in the research design? • Were there any potential power relationships involved? 	Yes	Partially	No	Unclear
9	<p>Have ethical issues been taken into consideration?</p>	Yes	Partially	No	Unclear

	<ul style="list-style-type: none"> • <i>How was the research explained to participants?</i> • <i>Did the researchers discuss issues around informed consent or confidentiality or how they handled any effects of the study on participants during/after the study?</i> • <i>Was ethical approval sought?</i> 				
Data analysis and findings					
10	Was the data analysis/interpretation process well described and justified? <ul style="list-style-type: none"> • <i>Is there a detailed description of the analysis process?</i> • <i>Is the process by which inferences/categories/themes were derived from the data clearly explained?</i> 	Yes	Partially	No	Unclear
11	Was there a clear statement of findings? <ul style="list-style-type: none"> • <i>Is there adequate and balanced discussion of evidence both for and against the researchers' arguments?</i> • <i>Are the findings discussed in relation to the original research question and/or study objectives?</i> 	Yes	Partially	No	Unclear
12	Are the analysis and findings credible? <ul style="list-style-type: none"> • <i>Are sufficient data presented to support the findings?</i> • <i>To what extent contradictory data are taken into account?</i> • <i>Did the researchers discuss the credibility of their findings?</i> • <i>Are the explanations presented plausible and coherent?</i> • <i>Were alternative explanations for the findings explored?</i> 	Yes	Partially	No	Unclear
Other					
13	Was any conflict of interest reported?	Yes		No	
14	Open comments for discussion <ul style="list-style-type: none"> • <i>How valuable is the research overall?</i> • <i>Did the researchers discuss the contribution the study makes to existing knowledge or understanding?</i> • <i>Were the findings considered in relation to current practice or policy?</i> • <i>Did the researchers identify any new areas where further research is necessary?</i> • <i>Did the researchers discuss whether or how the findings might be transferred to other populations/settings?</i> 				