

Supplement 3. Quality assessment of the included studies using the critical appraisal skills program (CASP).

Author	Statement of the aims (1)	Methodology (2)	Research design (3)	Recruitment strategy (4)	Data collection (5)	Relationship between researcher and participants (6)	Ethical consideration (7)	Rigor (8)	Statement of findings (9)
Benkel (2010) ²⁶	yes	yes	yes	yes	yes	no	yes	yes	yes
Hudson(2004) ²²	no	yes	yes	No	no	no	yes	no	yes
Engeli (2016) ³¹	yes	yes	yes	yes	yes	no	yes	yes	yes
Sand (2010) ²⁷	yes	yes	yes	yes	yes	no	yes	yes	yes
Milberg (2011) ²⁸	yes	yes	yes	yes	no	no	yes	yes	yes
Mosher (2017) ³²	yes	yes	yes	yes	yes	yes	yes	yes	yes
Mosher (2015) ³⁰	yes	yes	yes	yes	yes	yes	yes	yes	yes
Opsomer (2019) ³⁵	yes	yes	yes	yes	yes	yes	yes	yes	yes
Roen (2018) ³⁴	yes	yes	yes	yes	yes	no	yes	yes	yes
Rose (1987) ²⁰	no	yes	yes	no	yes	no	no	yes	yes
Sjolander (2011) ²⁹	yes	yes	yes	yes	yes	no	yes	yes	yes

Sparla (2017) ³³	yes	yes	yes	yes	yes	no	yes	yes	yes
Stajduhar (2008) ²³	yes	yes	yes	yes	yes	no	yes	yes	yes
Strang (2003) ²¹	yes	yes	yes	yes	no	no	yes	yes	yes
Walshe (2017) ¹¹	yes	yes	yes	yes	yes	yes	yes	yes	yes
Wong (2009) ²⁴	yes	yes	yes	no	yes	no	yes	yes	yes
Wong (2009) ²⁵	yes	yes	yes	no	yes	no	yes	yes	yes

- (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?