

		Boyce, 2015 ²⁸	Weingarten, 2000 ²⁴	Kumar, 2021 ³⁶	Varaganam, 2014 ³⁴	Bronserud, 2019 ²⁹	Van zijl, 2021 ²⁵	Lucas, 2017 ²⁷	Gutacker, 2013 ³⁰	van Veghel, 2016 ³³	Lundstrom, 2013 ³¹	Zheng, 2014 ³⁵	Partridge, 2016 ³²	Boyce, 2018 ³⁷	van der Wees, 2014 ¹¹	Prodinge, 2018 ¹⁰
Randomized studies	Is randomization appropriately performed?	Yes	Yes													
	Are the groups comparable at baseline?	Yes	Yes													
	Are there complete outcome data?	Yes	No													
	Are outcome assessors blinded to the intervention provided?	No	No													
	Did the participants adhere to the assigned intervention?	Yes	Yes													
Non-randomized studies	Are the participants representative of the target population?			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes				
	Are measurements appropriate regarding both the outcome and intervention (or exposure)?			Yes	Yes	Yes	yes	Yes	Yes	Yes	Yes	Yes				
	Are there complete outcome data?			Yes	Can't tell	No	Yes	yes	Can't tell	No						
	Are the confounders accounted for in the design and analysis?			Yes	Yes	Yes	Can't tell	No	Yes	Can't tell						
	During the study periode, is the intervention administered (or exposure occurred) as intended?			Yes	Yes	Yes	Yes	Yes	Yes	Yes						
Descriptive studies	Is the sampling strategy relevant to address the research question?										Yes	Yes	Yes			
	Is the sample representative of the target population?										Yes	Yes	Yes			
	Are the measurements appropriate?										Yes	Yes	Yes			
	Is the risk of nonresponse bias low?										Can't tell	Can't tell	Yes			
	Is the statistical analysis appropriate to answer the research question?										Yes	Can't tell	Yes			
Qualitative	Is the qualitative approach appropriate to answer the research question?													Yes	Yes	Yes
	Are the qualitative data collection methods adequate to address the research question?													Yes	Yes	Yes
	Are the findings adequately derived from the data?													Yes	Yes	Yes
	Is the interpretation of results sufficiently substantiated by data?													Yes	Yes	Yes
	Is there coherence between qualitative data sources, collection, analysis and interpretation?													Yes	Yes	Yes