

Supplementary table 3: Quality assessment of the selected studies¹

| Quality of the selected studies | | |
|--|--------------------------|----------------------------|
| WEAK | MODERATE | STRONG |
| Bond et al, 2021 | Dimoff et al, 2016 | Moll et al, 2018 |
| Kristman et al, 2019 | Dobson et al, 2019 | |
| | | Svensson and Hansson, 2014 |
| Kubo et al, 2018 | Dobson et al, 2021 | |
| Paterson et al, 2021 | Eirosa-Orosa et al, 2021 | |
| Quinn et al, 2011 | Griffith et al, 2016 | |
| | Hamann et al, 2016 | |
| | Hanisch et al, 2017 | |
| | Moffitt et al, 2014 | |
| | Reavley et al, 2018 | |
| | Shann et al, 2018 | |
| | Szetó et al, 2019 | |
| | Tynan et al, 2018 | |

1: Based on Quality Assessment Tool for Quantitative Studies (QATQS) scale (Ciliska et al, 1998)