

**Table S1.** Quality assessment of included qualitative studies with the Critical Skills Appraisal Program.

Author(s), Date	Clear state- ment of aims	Appropriate methodology	Appropriate design	Appropriate recruitment strategy	Appropriate data collection	Relationship be- tween researcher and participants considered	Ethical is- sues consid- ered	Rigor of data analy- sis	Clear statement of findings	Is the re- search valu- able?	Quality Score
Ayala et al., (2014)	✓	✓	✓	✓	✓		✓	✓	✓	✓	9/10
Dyck et al. (2009)	✓	✓	✓	✓	✓		✓	✓	✓	✓	9/10
Evans, J.A. (2002)	✓	✓	✓	✓	✓		✓	✓	✓	✓	9/10
Fisher, M. J. (2009)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10/10
Harding, T. (2007)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10/10
Hollup, O. (2014)	✓	✓	✓	✓	✓	✓	✓		✓	✓	9/10
Holyoake, D. (2002)	✓	✓	✓		✓			✓	✓	✓	7/10
Hsu, T. K. (2001)	✓	✓	✓	✓	✓	✓	✓		✓	✓	9/10
Huang, Y. S. & Yang, H. C. (2011)	✓	✓	✓	✓	✓		✓	✓	✓	✓	9/10
Kumpula, E. & Ekstrand, P. (2009)	✓	✓	✓	✓	✓		✓	✓	✓	✓	9/10
O'Connor, T. (2015)	✓	✓	✓	✓	✓	✓		✓	✓	✓	9/10