## Supplementary file 2. Standardised data extraction sheet

Author	Country	Study	Participant characteristics		Intervention characteristics		Outcome characteristics		
(year)		design	Intervention	Control	Focus	Duration	Outcome(s)	Measurement	Measurement
								tool	time points
Author et	Country	Design of	Number, age	Number, age	Focus of	Duration of	Outcome(s)	Tool used to	Time points at
al. (year)	-	intervention	$(mean \pm SD)$	$(mean \pm SD),$	intervention	intervention	reported	measure	which
		evaluation	and % girls	% girls			_	reported	outcome(s) is
		study						outcome(s)	(are) measured

RCT, randomized controlled trial; SD, standard deviation