

Supplementary material 1 – Quality appraisal

Quantitative studies (N=9)

Authors	Is the question / objective sufficiently described?	Is the study design evident and appropriate?	Is the method of subject/comparison group selection or source of information/input variables described and appropriate?	Are the Subject (and comparison group, if applicable) characteristics sufficiently described?	If interventional and random allocation was possible, was it described?	If interventional and blinding of investigators was possible, was it reported?	If interventional and blinding of subjects was possible, was it reported?	Are outcome and (if applicable) exposure measure(s) well defined and robust to measurement / misclassification bias? Are means of assessment reported?	Is the sample size appropriate?	Are the analytic methods described/justified and appropriate?	Is some estimate of variance is reported for the main results?	Controlled for confounding?	Are results reported in sufficient detail?	Are conclusions supported by the results?	Overall score
Bittner et al., 2018	Yes (2)	Yes (2)	Yes (2)	Yes (2)	N/A	N/A	N/A	Yes (2)	N/A	Yes (2)	Yes (2)	N/A	Yes (2)	Yes (2)	1.00
Dogru-Huzmeli et al., 2021	Yes (2)	Yes (2)	N/A	Partial (1)	N/A	N/A	N/A	Partial (1)	N/A	N/A	N/A	N/A	Partial (1)	Partial (1)	0.67
Ihrig, 2019	Yes (2)	Yes (2)	N/A	Partial (1)	N/A	N/A	N/A	Yes (2)	N/A	Yes (2)	Yes (2)	N/A	Yes (2)	Yes (2)	0.94
Lancioni et al., 2011	Yes (2)	Yes (2)	N/A	Yes (2)	N/A	N/A	N/A	Partial (1)	N/A	N/A	No (0)	N/A	Yes (2)	Yes (2)	0.64
Lorenzini & Wittich, 2021	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	N/A	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	1.00

Lorenzini & Wittich, 2021	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	N/A	Yes (2)	Yes (2)	Yes (2)	N/A	Yes (2)	Yes (2)	Yes (2)	1.00
Sabel & Gudlin, 2014	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Partial (1)	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Partial (1)	0.93
Senjam <i>et al.</i> , 2021	Yes (2)	Yes (2)	Yes (2)	Yes (2)	N/A	N/A	N/A	Yes (2)	N/A	N/A	N/A	N/A	Yes (2)	Partial (1)	0.93
Tinelli <i>et al.</i> , 2017	Yes (2)	Yes (2)	Partial (1)	Yes (2)	N/A	N/A	N/A	Yes (2)	N/A	Yes (2)	Yes (2)	N/A	Yes (2)	Yes (2)	0.94

### Qualitative study (N=1)

Authors	Question / objective sufficiently described?	Study design evident and appropriate?	Context for the study clear?	Connection to a theoretical framework / wider body of knowledge?	Sampling strategy described, relevant and justified?	Data collection methods clearly described and systematic?	Data analysis clearly described and systematic?	Use of verification procedure(s) to establish credibility?	Conclusions supported by the results?	Reflexivity of the account?	Overall score
Dunne <i>et al.</i> , 2020	Yes (2)	Yes (2)	Yes (2)	Yes (2)	Partial (1)	Yes (2)	Partial (1)	Yes (2)	Yes (2)	Partial (1)	0.85