

**Table** – Quality Assessment of Included Studies Using the Mixed Methods Appraisal Tool (MMAT) version 2018

Study / Authors	Design Category	Responses to MMAT Questions (and Scores): Yes (1) / No (0) / Can't Tell (0)							
		Screening 1	Screening 2	Appraisal 1	Appraisal 2	Appraisal 3	Appraisal 4	Appraisal 5	Total
<i>Abraham et al 2015</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Akintomide et al 2019</i>	Quantitative, non-randomised	yes	yes	yes	yes	no	yes	yes	6
<i>Allonen et al 1980</i>	Quantitative, randomised	yes	yes	can't tell	yes	yes	yes	yes	6
<i>Elkhateeb et al 2020</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Fugere 1990</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Hall and Kutler 2015</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Kaislasuo et al 2015</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Larsen et al 1981</i>	Quantitative, randomised	yes	yes	can't tell	yes	yes	no	yes	5
<i>Lewit 1973</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Liedholm and Sjoberg 1974</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Luukkainen et al 1979</i>	Quantitative, randomised	yes	yes	can't tell	yes	yes	yes	yes	6
<i>Luukkainen et al 1987</i>	Quantitative, randomised	yes	yes	yes	yes	yes	no	yes	6
<i>Mishell et al 1973</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Nygren et al 1981</i>	Quantitative, randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Ostergard and Gunning 1979</i>	Quantitative, randomised	yes	yes	yes	can't tell	yes	no	yes	5
<i>Otero-Flores et al 2003</i>	Quantitative, randomised	yes	yes	yes	yes	yes	no	yes	6
<i>Roy et al 1974</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7
<i>Sivin and Stern 1979</i>	Quantitative, randomised	yes	yes	can't tell	can't tell	yes	yes	yes	5
<i>Timonen et al 1974</i>	Quantitative, non-randomised	yes	yes	yes	yes	yes	yes	yes	7