				SCREENING QUESTIONS		1. QUALITATIVE STUDIES					2. RANDOMIZED CONTROLLED TRIALS					3. NON-RANDOMIZED STUDIES					4. QUANTITATIVE DESCRIPTIVE STUDIES					5. MIXED METHODS STUDIES					Overall rating	Score
Ref ID	First author	Year	Method	S1. Are there clear research questions?	S2. Do the collected data allow to address the research questions?	1.1. Is the qualitative approach appropriate to answer the research question?	1.2. Are the qualitative data collection methods adequate to address the research question?	1.3. Are the findings adequately derived from the data?	1.4. Is the interpretation of results sufficiently substantiated by data?	1.5. Is there coherence between qualitative data sources, collection, analysis and interpretation?	2.1. Is randomization appropriately performed?	2.2. Are the groups comparable at baseline?	2.3. Are there complete outcome data?	2.4. Are outcome assessors blinded to the intervention provided?	2.5 Did the participants adhere to the assigned intervention?	3.1. Are the participants representative of the target population?	3.2. Are measurements appropriate regarding both the outcome and intervention (or exposure)?	3.3. Are there complete outcome data?	3.4. Are the confounders accounted for in the design and analysis?	3.5. During the study period, is the intervention administered (or exposure occurred) as intended?	4.1. Is the sampling strategy relevant to address the research question?	4.2. Is the sample representative of the target population?	4.3. Are the measurements appropriate?	4.4. Is the risk of nonresponse bias low?	4.5. Is the statistical analysis appropriate to answer the research question?	5.1. Is there an adequate rationale for using a mixed methods design to address the research question?	5.2. Are the different components of the study effectively integrated to answer the research question?	5.3. Are the outputs of the integration of qualitative and quantitative components adequately interpreted?	5.4. Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?	5.5. Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?	100%=5/5; 80%=4/5; 60%=3/5; 40%=2/5; 20%=1/5	(1- good (80- 100%), 2-average (60- 80%), 3-poor (less than 60%)
1	Rust	2015	Randomised pilot study	Yes	Yes						Can't tell	Yes	Yes	Can't tell	Can't tell																40%	3
2	Rosenzweig	2011	Randomised pilot study	Yes	Yes						Yes	Yes	No	Can't tell	Yes																60%	2
3	Cykert	2019	Non-randomised controlled clinical trial	Yes	Yes											Yes	Yes	Yes	Yes	Yes											100%	1
4	Loi	2016	Randomised controlled clinical trial	Yes	Yes						Yes	Yes	Yes	Can't tell	Yes																80%	1
5	Turbes	2015	Mixed-method study	Yes	Yes																					Yes	Yes	Yes	Yes	Yes	100%	1
6	Sheppard	2013	Non-randomised pilot study	Yes	Yes											No	Yes	No	Yes	Yes											60%	2
7	Perez	2020	Randomised pilot study	Yes	Yes						Yes	Yes	Yes	No	Yes																80%	1
8	Thompson	2021	Randomised controlled clinical trial	Yes	Yes						Yes	Yes	Yes	No	Yes																80%	1
9	Im	2023	Randomised controlled clinical trial	Yes	Yes						Yes	Yes	Yes	No	No																60%	2