

Appendix 2. The criteria used to determine the rigor of the methodology and analysis used in the selected articles.

Research design	Assessment criteria
Qualitative	<p>QA1-Is the qualitative approach appropriate to answer the research question?</p> <p>QA2-Are the qualitative data collection methods adequate to address the research question?</p> <p>QA3-Are the findings adequately derived from the data?</p> <p>QA4-Is the interpretation of results sufficiently substantiated by data?</p> <p>QA5-Is there coherence between qualitative data sources, collection, analysis and interpretation?</p>
Quantitative randomized controlled trials	<p>QA1-Is randomization appropriately performed?</p> <p>QA2-Are the groups comparable at baseline?</p> <p>QA3-Are there complete outcome data?</p> <p>QA4-Are outcome assessors blinded to the intervention provided?</p> <p>QA5-Did the participants adhere to the assigned intervention?</p>
Quantitative (non-randomised)	<p>QA1-Are the participants representative of the target population?</p> <p>QA2-Are measurements appropriate regarding both the outcome and intervention (or exposure)?</p> <p>QA3-Are there complete outcome data?</p> <p>QA4-Are the confounders accounted for in the design and analysis?</p> <p>QA5-During the study period, is the intervention administered (or exposure occurred) as intended?</p>
Quantitative (descriptive)	<p>QA1-Is the sampling strategy relevant to address the research question?</p> <p>QA2-Is the sample representative of the target population?</p> <p>QA3-Are the measurements appropriate?</p> <p>QA4-Is the risk of nonresponse bias low?</p> <p>QA5-Is the statistical analysis appropriate to answer the research question?</p>
Mixed methods	<p>QA1-Is there an adequate rationale for using a mixed methods design to address the research question?</p> <p>QA2-Are the different components of the study effectively integrated to answer the research question?</p> <p>QA3-Are the outputs of the integration of qualitative and quantitative components adequately interpreted?</p> <p>QA4-Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?</p> <p>QA5-Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?</p>