

Table S1: Critical Appraisal of the quantitative studies reviewed (adapted from CASP) (N = 8)

Author(s)	1. Was the study conducted at a university/college?	2. Is the sampling process clearly stated? (non-probability, probability)?	3. Was the measurement tool valid and reliable?	4. Was the data a primary source?	5. Were the dropout responses reported?	6. Was ethical approval obtained?	7. Were the quantitative methods appropriate?	8. Was the research design correct to address the research question?	Final Score (□/8)	Total (%)
Mo 2019	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	7	100
Al-Eisa 2016	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	8	100
Roure 2020	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	6	87.5
Marens 2021	Yes	No	Yes	Yes	No	Yes	Yes	Yes	8	75
Worobetz 2020	Yes	No	Yes	Yes	No	Yes	Yes	Yes	6	75
Todorovic 2019	Yes	No	No	Yes	Yes	Yes	Yes	Yes	6	75
Zhang 2018	Yes	Yes	Yes	Yes	No	Yes	Yes	No	6	75
Yang 2014	Yes	No	Yes	Yes	No	Yes	Yes	Yes	6	75