

Table S1. Critical Appraisal Skills Programme (2019) Qualitative Checklist for included articles.

	1. Statement of aims	2. Appropriate methodology	3. Appropriate design	4. Appropriate recruitment strategy	5. Data collection method justified and clear	6. Consideration of relationship b/tw researcher & ppts	7. Consideration of ethical issues	8. Rigorous data analysis	9. Clear statement of findings	10. Is the research valuable?
Alexakis et al. (2015) [54]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Barned et al. (2016) [40]	Yes	Yes	Yes	Yes	Yes	Can't tell.	Yes	Yes	Yes	Yes
Brydolf and Segesten (1996) [52]	Yes	Yes	Yes	Yes	Yes	Yes	Yes. Consideration given but ethics approval not stated.	Yes	Yes	Yes
Carter et al. (2020) [55]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cho et al. (2018) [56]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cooper et al. (2010) [57]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Czuber-Dochan et al. (2012) [58]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Czuber-Dochan et al. (2020) [59]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Daniel (2002) [43]	Yes	Yes	Yes	Yes	Yes	Can't tell.	Yes	Yes	Yes	Yes
Demirtas (2021) [41]	Yes	Yes	Yes	Yes	Yes	Can't tell.	Yes	Yes	Yes	Yes
Devlen et al. (2014) [44]	Yes	Yes	Yes	Yes	Yes	Can't tell.	Yes	Yes	Yes	Yes
Dibley et al. (2014) [29]	Yes	Yes	Yes	Yes	Yes	Can't tell.	Yes	Yes	Yes	Yes
Dibley et al. (2018) [23]	Yes	Yes	Yes	Yes.	Yes	Yes	Yes	Yes	Yes	Yes
Dibley et al. (2019) [28]	Yes	Yes	Yes	Yes.	Yes	Yes	Yes	Yes	Yes	Yes
Dudley-Brown (1996) [42]	Yes	Yes	Yes	Yes	Yes	Can't tell.	Can't tell.	Yes	Yes	Yes
Frohlich (2014) [30]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Can't tell. In-depth description of the analysis process not provided.	Yes	Yes
García-Sanjuán, et al. (2017) [45]	Yes	Yes	Yes	Yes	Yes	Can't tell.	Yes	Yes	Yes	Yes
Hall et al. (2005) [60]	Yes	Yes	Yes	Yes	Yes	Yes.	Yes	Yes	Yes	Yes

[illegible]