

**Table S2:** Quality evaluation of the included qualitative studies.

Criteria	Studies					
	Coreil <i>et al.</i> , 1998 [15]	Mc Pherson <i>et al.</i> , 2003 [12]	Coreil <i>et al.</i> , 2006 [14]	Dreyer <i>et al.</i> , 2006 B [18]	Person <i>et al.</i> 2006 [8]	Person <i>et al.</i> 2007 A [10]
Question/objective sufficiently described?	2	2	2	1	2	2
Study design evident and appropriate?	2	2	2	1	1	2
Context for the study clear?	2	2	2	2	2	2
Connection to a theoretical framework/wider body of knowledge?	2	2	2	2	2	2
Sampling strategy described, relevant and justified?	2	1	1	0	2	1
Data collection methods clearly described and systematic?	1	2	1	0	2	2
Data analysis clearly described and systematic?	1	2	1	0	2	1
Use of verification procedure(s) to establish credibility?	1	0	1	0	0	0
Conclusions supported by the results?	1	2	2	2	2	2
Reflexivity of the account?	2	0	0	0	0	0
<b>Maximum points</b>	20	20	20	20	20	20
<b>Total points</b>	16	15	14	8	15	14
<b>Summary score (%)</b>	80	75	70	40	75	70

0 if the response is 'no'; 1 if the response is 'partial'; 2 if the response is 'yes' followed by N/A if not applicable.

**Table S2:** Quality evaluation of the included qualitative studies.

Criteria	Studies				
	Person <i>et al.</i> 2007 B [9]	Person <i>et al.</i> 2009 [11]	Tyrell <i>et al.</i> 2013 [13]	Hettrick 2017 [31]	Pedrosa <i>et al.</i> 2019 [16]
Question/objective sufficiently described?	2	1	2	1	2
Study design evident and appropriate?	2	2	2	1	2
Context for the study clear?	2	2	2	2	2
Connection to a theoretical framework/wider body of knowledge?	2	2	2	2	2
Sampling strategy described, relevant and justified?	1	1	1	0	2
Data collection methods clearly described and systematic?	2	2	1	0	2
Data analysis clearly described and systematic?	1	1	2	0	2
Use of verification procedure(s) to establish credibility?	0	0	0	0	0
Conclusions supported by the results?	2	2	2	2	2
Reflexivity of the account?	0	0	0	0	0
<b>Maximum points</b>	20	20	20	20	20
<b>Total points</b>	14	13	14	8	16
<b>Summary score (%)</b>	70	65	70	40	80

0 if the response is 'no'; 1 if the response is 'partial'; 2 if the response is 'yes' followed by N/A if not applicable.