

Table S2. Quality Assessment of Included Studies Using STROBE Statement Checklist.

Item	Marfleet 1991	Reynolds and Halsmer 2006	Yen et al. 2010	McElveen et al. 2014	Akinbola et al. 2015	Swedler et al. 2015	Kolodziej et al. 2017	Lazar et al. 2018	Arthur-Banning et al. 2018	Hess et al. 2020	Brezinski et al. 2020
Title and abstract	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Introduction											
Background/rationale	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Objectives	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Methods											
Study design	–	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Setting	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Participants	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Variables	–	✓	✓	–	✓	✓	✓	✓	✓	✓	✓
Data sources/measurement	✓	✓	✓	–	✓	✓	–	✓	✓	✓	✓
Bias	–	–	–	–	–	✓	–	–	–	✓	–
Study size	✓	✓	✓	–	–	✓	✓	✓	–	✓	✓
Quantitative variables	✓	–	–	–	–	✓	✓	–	✓	✓	✓
Statistical methods	–	✓	✓	✓	✓	✓	✓	✓	–	✓	✓
Results											
Participants	✓	✓	✓	–	✓	✓	✓	✓	–	–	–
Descriptive data	✓	–	✓	–	✓	✓	✓	✓	–	✓	✓
Outcome data	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Main results	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Other analysis	–	–	–	–	–	–	–	✓	–	✓	–
Discussion											
Key results	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Limitations	–	✓	✓	–	✓	✓	–	✓	✓	✓	✓
Interpretation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Generalisability	–	–	–	–	✓	–	–	–	–	✓	✓
Other information											
Funding	–	–	✓	–	–	–	–	–	–	–	–
Percentage fulfilled items	64	73	82	50	77	86	73	82	64	91	82