

Supplementary File S2. Quality assessment of included studies.

| Type of study | Study | Screening questions | | Qualitative studies | | | | |
|------------------|----------------------------|---|--|---|---|---|---|--|
| | | S1. Are there clear research questions? | S2. Do the collected data allow to address the research questions? | 1.1. Is the qualitative approach appropriate to answer the research question? | 1.2. Are the qualitative data collection methods adequate to address the research question? | 1.3. Are the findings adequately derived from the data? | 1.4. Is the interpretation of results sufficiently substantiated by data? | 1.5. Is there coherence between qualitative data sources, collection, analysis and interpretation? |
| 1. Quantitative | Behrens et al. [116] | Yes | Yes | | | | | |
| 2. Quantitative | Porras-Garcia et al. [117] | Yes | Yes | | | | | |
| 3. Quantitative | Porras-Garcia et al. [118] | Yes | Yes | | | | | |
| 4. Quantitative | Keizer et al. [119] | Yes | Yes | | | | | |
| 5. Quantitative | Malighetti et al. [120] | Yes | Yes | | | | | |
| 6. Quantitative | Marco et al. [121] | Yes | Yes | | | | | |
| 7. Quantitative | Porras-Garcia et al. [122] | Yes | Yes | | | | | |
| 8. Quantitative | Porras-Garcia et al. [123] | Yes | Yes | | | | | |
| 9. Quantitative | Provenzano et al. [124] | Yes | Yes | | | | | |
| 10. Quantitative | Serino et al. [125] | Yes | Yes | | | | | |

| Type of study | Study | 2. Quantitative randomized controlled trials | | | | | Non-randomized studies | | | | |
|-----------------|----------------------------|--|---|---------------------------------------|--|--|--|--|---------------------------------------|--|--|
| | | 2.1. Is randomization appropriately performed? | 2.2. Are the groups comparable at baseline? | 2.3. Are there complete outcome data? | 2.4. Are outcome assessors blinded to the intervention provided? | 2.5. Did the participants adhere to the assigned intervention? | 3.1. Are the participants representative of the target population? | 3.2. Are measurements appropriate regarding both the outcome and intervention (or exposure)? | 3.3. Are there complete outcome data? | 3.4. Are the confounders accounted for in the design and analysis? | 3.5. During the study period, is the intervention administered (or exposure occurred) as intended? |
| 1. Quantitative | Behrens et al. [116] | | | | | | Can't tell | Yes | Yes | Yes | Yes |
| 2. Quantitative | Porras-Garcia et al. [117] | | | | | | | Yes | Yes | Yes | Yes |
| 3. Quantitative | Porras-Garcia et al. [118] | Yes | Yes | Yes | Yes | Yes | | | | | |
| 4. Quantitative | Keizer et al. [119] | | | | | | Can't tell | Yes | Yes | Yes | Yes |
| 5. Quantitative | Malighetti et al. [120] | | | | | | No | Yes | Yes | Yes | Yes |
| 6. Quantitative | Marco et al. [121] | Yes | Yes | Yes | Yes | Yes | | | | | |
| 7. Quantitative | Porras-Garcia et al. [122] | Yes | Yes | Yes | Yes | Yes | | | | | |
| 8. Quantitative | Porras-Garcia et al. [123] | | | | | | the only participant was representative | Yes | Yes | Yes | Yes |

[illegible]

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| | Garcia et al. [122] | | | | | | | | | | |
| 8. Quantitative | Porras-Garcia et al. [123] | Yes | Yes | Yes | Yes | Yes | | | | | |
| 9. Quantitative | Provenzano et al. [124] | Yes | Yes | Yes | Yes | Yes | | | | | |
| 10. Quantitative | Serino et al. [125] | Yes | No | Yes | Yes | Yes | | | | | |