PRISMA 2020 Checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Title, abstract, keyword, Section 2 is devoted to a description of the SQLR method.
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Attached to the email
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Section 1 Introduction
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Section 2.1 Phase A Ideation.
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Figure 1 PRISMA Flow Diagram and in Section 2.2 Phase B Searching
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Databases - In Figure 1 PRISMA Flow Diagram and in Section 2.2 Phase B Searching. Dates listed in Section 2.2 Phase B Searching
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Section 2.1 Phase A Ideation
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Section 2.2 Phase B Searching & Section 2.3 Phase C Coding
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Section 2.2 Phase B Searching & Section 2.3 Phase C Coding
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Research questions listed in Section 2.5 Phase E Writing. Outcomes of data are listed in tables 2, 3, & 4
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Section 2.4 Phase C Coding
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Section 2.3 Phase C Coding
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	n/a – we did not focus on effect measures
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	Section 2.3 Phase C Coding
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	Noted in tables 2, 3, & 4
	13c	Describe any methods used to tabulate or visually display results of individual studies and	Noted in the descriptions of tables 2, 3, & 4

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		syntheses.	
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). ~~If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.~~	Section 3 explains RQ1 method. Section 4 explains RQ2 method. Section 5 explains RQ3 method. Not a meta-analysis.
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Not a meta-regression.
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	n/a
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Section 2.3 Phase C Coding
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	n/a
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	PRISMA flow diagram provided as Figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Appendix Table A1
Study characteristics	17	Cite each included study and present its characteristics.	Section 2.3 Phase C Coding
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Discussed in Section 3 for RQ1; Section 4 for RQ2; Section 5 for RQ3.
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) ~~and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.~~	Summary statistics provided for each study in Table 4. Effect estimate not used.
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Discussed in Section 3 for RQ1; Section 4 for RQ2; Section 5 for RQ3.
	20b	~~Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.~~	Statistical synthesis not completed. Not a meta-analysis.
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	n/a
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	n/a
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Overall statement about risk of bias in Section 2.3 Phase C Coding. Discussion on each article included in Section 3 for RQ1; Section 4 for RQ2 and Section 5 for RQ3.
Certainty of evidence	22	~~Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.~~	No statistical analysis completed.
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Section 6 Discussion, in particular Section 6.2 Instructional Content and Strategies

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	23b	Discuss any limitations of the evidence included in the review.	Section 6.1 Research Design;
	23c	Discuss any limitations of the review processes used.	Section 6.1 Research Design;
	23d	Discuss implications of the results for practice, policy, and future research.	Section 6.3 Implications for Practice, Policy and Future Research
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	Review was not registered
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Review was not registered
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	Review was not registered
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Statement of no funding
Competing interests	26	Declare any competing interests of review authors.	Statement that no CoIs were identified
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Data extracted is provided in Tables 2, 3 & 4

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