SUPPLEMENTARY MATERIAL

Table S1. Scores of analytical cross-sectional studies.

Studies	JBI score	1. Were the criteria for inclusion in the sample clearly defined?	2. Were the study subjects and the setting described in detail?	3. Was the exposure measured in a valid and reliable way?	4. Were objective, standard criteria used for measurement of the condition?	5. Were confounding factors identified?	6. Were strategies to deal with confounding factors stated?	7. Were the outcomes measured in a valid and reliable way?	8. Was appropriate statistical analysis used?
(Azzi et al., 2021) [24]	7/8	×	✓	✓	✓	✓	✓	✓	✓
(Choquette et al., 2020) [37]	8/8	✓	✓	✓	✓	✓	✓	✓	✓
(Gorrell et al., 2019) [35]	8/8	✓	✓	✓	✓	✓	✓	✓	✓
(Griffin & Vogt, 2021) [32]	6/8	✓	✓	✓	✓	N/A	N/A	✓	✓
(Hill & Lego, 2020) [33]	7/8	×	✓	✓	✓	✓	✓	✓	✓
(Laghi et al., 2020a) [26]	7/8	N/A	✓	✓	✓	✓	✓	✓	✓
(Laghi et al., 2020b) [27]	7/8	N/A	✓	✓	✓	✓	✓	✓	✓
(Laghi et al., 2021a) [28]	8/8	✓	✓	✓	✓	✓	✓	✓	✓
(Laghi et al., 2021b) [29]	8/8	✓	✓	✓	✓	✓	✓	✓	✓
(López-Moreno et al., 2021) [39]	7/8	N/A	✓	✓	✓	✓	✓	✓	✓
(Lupi et al., 2017) [34]	7/8	×	✓	✓	✓	✓	✓	✓	✓
(Malaeb et al., 2022) [10]	7/8	×	✓	✓	✓	✓	✓	✓	✓

(Michael & Witte, 2021) [7]	6/8	✗	✗	✓	✓	✓	✓	✓	✓
(Oswald et al., 2021) [30]	8/8	✓	✓	✓	✓	✓	✓	✓	✓
(Pompili & Laghi, 2018) [25]	7/8	N/A	✓	✓	✓	✓	✓	✓	✓
(Ritz et al., 2023) [38]	8/8	✓	✓	✓	✓	✓	✓	✓	✓
(Romano et al., 2021) [41]	7/8	N/A	✓	✓	✓	✓	✓	✓	✓
(Ward & Galante, 2015) [36]	7/8	N/A	✓	✓	✓	✓	✓	✓	✓

Yes: ✓, No: ✗, Not clear or Not Applicable: N/A. JBI: Joanna Briggs Institute.

Table S2. Scores of quasi-experimental studies.

	(Glassman et al., 2018) [40]
JBI score	8/9
1. Is it clear in the study what is the "cause" and what is the "effect" (i.e. there is no confusion about which variable comes first)?	✓
2. Was there a control group?	×
3. Were participants included in any comparisons similar?	✓
4. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	✓
5. Were there multiple measurements of the outcome, both pre and post the intervention/exposure?	✓
6. Were the outcomes of participants included in any comparisons measured in the same way?	✓
7. Were outcomes measured in a reliable way?	✓
8. Was follow-up complete and if not, were differences between groups in terms of their follow-up adequately described and analyzed?	✓
9. Was appropriate statistical analysis used?	✓

Yes: ✓, No: ×, Not clear or Not Applicable: N/A; JBI: Joanna Briggs Institute

Table S3. Scores of qualitative studies.

	(Vogt et al., 2022) [31]
JBI score	10/10
1. Is there congruity between the stated philosophical perspective and the research methodology?	✓
2. Is there congruity between the research methodology and the research question or objectives?	✓
3. Is there congruity between the research methodology and the methods used to collect data?	✓
4. Is there congruity between the research methodology and the representation and analysis of data?	✓
5. Is there congruity between the research methodology and the interpretation of results?	✓
6. Is there a statement locating the researcher culturally or theoretically?	✓
7. Is the influence of the researcher on the research, and vice- versa, addressed?	✓
8. Are participants, and their voices, adequately represented?	✓
9. Is the research ethical according to current criteria or, for recent studies, and is there evidence of ethical approval by an appropriate body?	✓
10. Do the conclusions drawn in the research report flow from the analysis, or interpretation, of the data?	✓

Yes: ✓, No: ×, Not clear or Not Applicable: N/A. JBI: Joanna Briggs Institute.