

Appendix 1: Selection of MMAT questions: Specific criteria to determine the appropriateness for inclusion of each study.

Qualitative, quantitative descriptive and mixed methods studies

The methodological quality criteria applied to evaluate **qualitative studies** included:

1. Is the qualitative approach appropriate to answer the research question?
2. Are the qualitative data collection methods adequate to address the research question?
3. Are the findings adequately derived from the data?
4. Do data sufficiently substantiate the interpretation of results?
5. Is there coherence between qualitative data sources, collection, analysis and interpretation?

The criteria to evaluate quantitative descriptive studies include:

1. Is the sampling strategy relevant to address the research question?
2. Is the sample representative of the target population?
3. Are the measurements appropriate?
4. Is the risk of non-response bias low?
5. Is the statistical analysis appropriate to answer the research question?

The criteria to evaluate mixed methods studies include:

1. Is there an adequate rationale for using a mixed-method design to address the research question?
2. Are the different components of the study effectively integrated to answer the research question?
3. Are the outputs of the integration of qualitative and quantitative components adequately interpreted?
4. Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?
5. Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?

Each study will be evaluated according to its study design based on the above criteria. 1 point was given for each question, and a total score out of 5 was calculated. This was represented as a percentage which correlated to the quality of the included studies. (Appendix 1) The principal investigator will perform each quality assessment.