

Supplementary file: Quality evaluation of the studies included in the review, derived using the Mixed Methods Appraisal Tool (MMAT) (Hong et al., 2018).

| a). Quality evaluation of the qualitative studies | | | | | |
|--|--|--|--|--|--|
| Authors | Is the qualitative approach appropriate to answer the research question? | Are the qualitative data collection methods adequate to address the research question? | Are the findings adequately derived from the data? | Is the interpretation of results sufficiently substantiated by data? | Is there coherence between qualitative data sources, collection, analysis, and interpretation? |
| Lamp & Phelan, 2008 | C | C | Y | C | Y |
| Reece et al., 2009 | Y | C | Y | Y | Y |
| Vu et al., 2006 | C | C | Y | Y | Y |

| b). Quality evaluation of the quantitative non-randomised studies (Cross-sectional/ Cohort studies) | | | | | |
|--|---|---|----------------------------------|---|---|
| Authors | Are the participants representative of the target population? | Are measurements appropriate regarding both the outcome and intervention (or exposure)? | Are there complete outcome data? | Are the confounders accounted for in the design and analysis? | During the study period, is the intervention administered (or exposure occurred) as intended? |
| Cook et al., 2017 | Y | Y | Y | Y | Y |
| Gleditsch et al., 2024 | Y | Y | C | C | Y |
| Guerrero et al., 2015 | Y | C | N | C | Y |
| Guo et al., 2015 | Y | Y | Y | C | Y |

| b). Quality evaluation of the quantitative non-randomised studies (Cross-sectional/ Cohort studies) | | | | | |
|--|---|---|----------------------------------|---|---|
| Authors | Are the participants representative of the target population? | Are measurements appropriate regarding both the outcome and intervention (or exposure)? | Are there complete outcome data? | Are the confounders accounted for in the design and analysis? | During the study period, is the intervention administered (or exposure occurred) as intended? |
| Huang et al., 2012 | Y | C | N | N | Y |
| Kjøllestad et al., 2023 | Y | Y | C | C | Y |
| Li et al., 2008 | Y | Y | N | Y | Y |
| Lin et al., 2013 | Y | C | Y | Y | Y |
| Park et al., 2024 | Y | Y | Y | C | Y |
| Tasslimi et al., 2024 | Y | Y | Y | C | Y |
| van Meijeren-van Lunteren et al., 2019 | Y | C | C | N | Y |
| Wu et al., 2011 | Y | C | Y | C | Y |

| c). Quality evaluation of the quantitative descriptive studies | | | | | |
|---|---|--|-----------------------------------|--------------------------------------|--|
| Authors | Is the sampling strategy relevant to address the research question? | Is the sample representative of the target population? | Are the measurements appropriate? | Is the risk of nonresponse bias low? | Is the statistical analysis appropriate to answer the research question? |
| McKelvey et al., 2002 | Y | Y | C | Y | Y |
| Taylor et al., 2012 | Y | Y | C | Y | Y |

| d). Quality evaluation of the mixed methods studies | | | | | |
|--|---|---|---|--|--|
| Authors | Is there an adequate rationale for using a mixed methods design to address the research question? | Are the different components of the study effectively integrated to answer the research question? | Are the outputs of the integration of qualitative and quantitative components adequately interpreted? | Are divergences and inconsistencies between quantitative and qualitative results adequately addressed? | Do the different components of the study adhere to the quality criteria of each tradition of the methods involved? |
| Pham & Vu, 2025 | Y | Y | C | Y | C |

Notes: C = Can't tell/not reported, N = No, Y = Yes