

## Supplementary File 4. Critical appraisal results

CASP elements	Aparicio et al., 2018	Aparicio et al., 2019	Begun et al., 2019a	Côté, 2019	Dang et al., 2019	Dasari et al., 2016	Draucker et al., 2015	Ensign & Panke, 2001	Gelbert et al., 2004	Hartwell et al., 1994	Hathazi et al., 2009	Henning et al., 2007
Was there a clear statement of the aims of the research?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Is a qualitative methodology appropriate?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Was the research design appropriate to address the aims of the research?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Was the recruitment strategy appropriate to the aims of the research?	Y	Y	Y	Y	Y	Y	Y	Y	Y	U	Y	Y
Were the data collected in a way that addressed the research issue?	Y	Y	Y	Y	Y	Y	Y	Y	Y	U	Y	Y
Has the relationship between researcher and participants been adequately considered?	Y	U	U	Y	Y	U	U	U	U	Y	N	U
Have ethical issues been taken into consideration?	Y	Y	Y	Y	Y	U	Y	Y	U	U	Y	Y
Was the data analysis sufficiently rigorous?	Y	Y	Y	Y	Y	Y	Y	U	Y	U	Y	U
Is there a clear statement of findings?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y

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CASP elements	Holger-Ambrose et al.,2016	Kachingwe et al., 2019	Kennedy et al.,2014	Killion, 1998	Leidel et al., 2017	McGregor et al., 2018	Oliver & Cheff, 2012	Rew et al., 2002	Rew et al., 2008	Shah et al., 2019	Stringer et al.,2012
Was there a clear statement of the aims of the research?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Is a qualitative methodology appropriate?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Was the research design appropriate to address the aims of the research?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Was the recruitment strategy appropriate to the aims of the research?	Y	Y	N	Y	Y	U	Y	Y	Y	Y	U
Were the data collected in a way that addressed the research issue?	Y	Y	Y	Y	Y	Y	Y	Y	U	Y	Y
Has the relationship between researcher and participants been adequately considered?	Y	U	U	U	U	U	U	U	U	U	U
Have ethical issues been taken into consideration?	Y	Y	Y	U	Y	Y	U	Y	Y	Y	U
Was the data analysis sufficiently rigorous?	Y	Y	Y	U	Y	U	U	Y	Y	Y	Y
Is there a clear statement of findings?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y