**Additional File 2. Quality appraisal**

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| **Source** | **Statement of aims** | **Appropriate method** | **Appropriate design** | **Appropriate recruitment** | **Appropriate data collection** | **Relationship between researcher and participant considered** | **Ethical issues considered** | **Rigorous data analysis** | **Statement of findings** | **How valuable is the research?** | **Total** |
| Neale & Kennedy (2002) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Yes | Yes | 8/10 |
| Lee & Petersen (2009) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Not clear | Yes | Yes | 7/10 |
| Rayburn & Wright (2009) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Not clear | Yes | 6/10 |
| Rayburn & Wright (2010) | Yes | Yes | Yes | Not clear | Yes | Not clear | Not clear | Not clear | Yes | Yes | 6/10 |
| Burkey et al. (2011) | Yes | Yes | Yes | No | Yes | Not clear | Yes | Yes | Yes | Yes | 8/10 |
| Kidd et al.  (2011) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | 10/10 |
| Sznajder-Murray & Slesnick (2011) | Yes | Yes | Yes | Yes | Yes | Not clear | Yes | Yes | Yes | Yes | 9/10 |
| Collins et al. (2012a) | Yes | Yes | Yes | Not clear | Yes | Not clear | Not clear | Yes | Yes | Yes | 9/10 |
| Collins et al. (2012b) | Yes | Yes | Yes | Not clear | Yes | Not clear | Not clear | Yes | Yes | Yes | 7/10 |
| Thickett & Bayley (2013) | Yes | Yes | Yes | Yes | Yes | Yes | Not clear | Yes | Yes | Yes | 9/10 |
| Baird et al.  (2014) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Not clear | Yes | Yes | 7/10 |
| Neale & Stevenson (2014a) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Yes | Yes | 8/10 |
| Neale & Stevenson (2014b) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Yes | Yes | 8/10 |
| Salem et al. (2013) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Yes | Yes | 8/10 |
| Evans et al. (2015) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Not clear | Yes | Yes | 7/10 |
| Clifasefi et al. (2016) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Yes | Yes | 8/10 |
| Collins et al. (2016) | Yes | Yes | Yes | Yes | Yes | Not clear | Yes | Yes | Yes | Yes | 9/10 |
| McNeil et al. (2016) | Yes | Yes | Yes | Yes | Yes | Not clear | Yes | Yes | Yes | Yes | 9/10 |
| Pauly et al. (2016) | Yes | Yes | Yes | Yes | Yes | Not clear | Yes | Yes | Yes | Yes | 9/10 |
| Perreault et al. (2016) | Yes | Yes | Yes | Yes | Yes | Not clear | Yes | Yes | Yes | Yes | 9/10 |
| Chatterjee et al. (2018) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Yes | Yes | 8/10 |
| Crabtree et al. (2018) | Yes | Yes | Yes | Yes | Yes | Not clear | Yes | Yes | Yes | Yes | 9/10 |
| Pauly et al. (2018) | Yes | Yes | Yes | Yes | Yes | Not clear | Not clear | Yes | Yes | Yes | 8/10 |