Supplementary Table 3: Quality appraisal of qualitative studies (CASP tool) [36]

<table>
<thead>
<tr>
<th>Author, Year</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
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</thead>
<tbody>
<tr>
<td>Clarke, 2021 [58]</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Can't tell</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
<td>Good</td>
</tr>
<tr>
<td>Esentürk, 2020 [62]</td>
<td>Y</td>
<td>Y</td>
<td>Y</td>
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<td>Y</td>
<td>Can't tell</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>Y</td>
<td>Good</td>
</tr>
<tr>
<td>Eyler, 2021 [63]</td>
<td>Y</td>
<td>Can’t tell</td>
<td>N</td>
<td>Can’t tell</td>
<td>Y</td>
<td>N</td>
<td>N</td>
<td>Y</td>
<td>Y</td>
<td>Can’t tell</td>
<td>Fair</td>
</tr>
</tbody>
</table>

1: Was there a clear statement of the aims of the research? 2: Is a qualitative methodology appropriate? 3: Was the research design appropriate to address the aims of the research? 4: Was the recruitment strategy appropriate to the aims of the research? 5: Was the data collected in a way that addressed the research issue? 6: Has the relationship between researcher and participants been adequately considered? 7: Have ethical issues been taken into consideration? 8: Was the data analysis sufficiently rigorous? 9: Is there a clear statement of findings? 10: How valuable is the research? 11: Quality rating (Poor ≤ 3, Fair 4–5, Good ≥ 6)

Y = Yes  N = No  CASP = Critical Appraisal Skills Programme