

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

Author, Year	1	2	3	4	5	6	7	8	9	10	11
Clarke, 2021 [58]	Y	Y	Y	Y	Y	Can't tell	Y	Y	Y	Y	Good
Esentürk, 2020 [62]	Y	Y	Y	Can't tell	Y	Can't tell	Y	N	Y	Y	Good
Eyler, 2021 [63]	Y	Can't tell	N	Can't tell	Y	N	N	Y	Y	Can't tell	Fair

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 \leq 3, Fair 4-5, Good \geq 6)

Y = Yes

N = No

CASP = Critical Appraisal Skills Programme