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Table 3. Quality assessment of included studies.

Criteria*																	
Author, year	1	2	3	4	5	6	7	8	9	10	11	12	13	14**	15	16	Total %
Arbour-Nicitopoulos et al., 2009	0	3	2	3	0	3	2	1	2	3	na	3	3	na	1	3	69,05
Arbour-Nicitopoulos et al., 2014	2	2	1	1	0	3	2	1	2	3	na	3	2	na	1	3	61,90
Cardinal et al., 2004	3	3	1	3	0	2	2	2	1	2	na	2	2	na	0	3	61,90
Gernigon et al., 2015	0	3	1	0	0	3	0	2	2	2	na	2	2	na	0	3	47,62
Jaarsma, Geertzen, de Jong et al., 2014	3	3	3	1	3	2	1	2	1	2	na	2	2	na	0	3	66,67
Jaarsma, Dekker, Koopmans et al., 2014	3	3	3	2	2	2	2	2	1	2	na	2	2	na	1	3	71,43
Keegan et al., 2012	3	3	2	3	0	2	0	1	3	2	na	2	3	na	0	3	64,29
Kennedy et al., 2006	0	2	3	0	0	2	2	1	2	2	1	2	1	na	1	3	48,89
Kosma et al., 2004	3	3	2	0	0	2	1	1	3	3	na	3	3	na	0	2	61,90
Latimer et al., 2006	1	3	2	0	3	3	2	2	3	3	na	3	3	na	0	3	73,81
Latimer et al., 2004	3	3	2	3	2	2	2	2	3	3	na	3	3	na	2	3	85,71
Martin Ginis et al., 2013	3	3	1	1	2	2	2	1	2	2	na	2	2	na	0	3	61,90
Molton et al., 2008	3	3	2	1	0	3	0	3	2	3	na	3	2	na	0	3	66,67
Pelletier et al., 2014	2	3	3	0	0	3	1	1	2	2	na	2	1	na	0	3	54,76
Perrier et al., 2012	3	3	1	1	2	2	3	2	3	3	na	3	3	na	0	2	73,81
Perrier et al., 2015	3	3	1	3	2	3	2	2	3	3	na	3	3	na	0	3	80,95
Saebu & Sorensen, 2011	3	3	2	0	2	2	2	2	1	2	na	2	2	na	0	3	61,90
Sweet et al., 2012	3	2	2	1	0	3	2	1	2	2	na	3	2	na	0	3	61,90
Thomas et al., 2011	2	2	1	3	0	3	2	2	1	3	na	2	1	na	0	2	57,14
Warms et al., 2004	0	3	2	0	0	2	0	1	0	2	na	1	1	na	1	3	38,10
	71,67	93,33	61,67	43,33	30,00	81,67	50,00	53,33	65,00	81,67	1,67	80,00	71,67	na	11,67	95,00	

^{*}Criteria for quality assessment are: 1) explicit theoretical framework 2) Statement of aims/objectives in main body of report 3) Clear description of research setting 4) Evidence of sample size considered in terms of analysis 5) Representative sample of target group of a reasonable size 6) Description of procedure for data collection 7) Rationale for choice of data collection tool(s) 8) Detailed recruitment data 9) Statistical assessment of reliability and validity of measurement tool(s) (quantitative only) 10) Fit between stated research question and method of data collection (quantitative) 11) fit between stated research and format and content of dtat collection eg interview schedule (qualitative) 12) Fit between research question and method of analysis 13) Good justification for analytic method selected 14) Assessment of reliability of analytical process (qualitative only) 15) Evidence of user involvement on design 16) Strengths and limitations critically discussed

^{**} Criteria 14 was excluded from the quality assessment