**Supplementary material**

**Appendix 1: Full search strategy**

The search strategy was devised in conjunction with a librarian with expertise in literature searching for systematic reviews.

We performed the following searches on databases accessed via OVID.

Medline and EmBase:

1. Birth Weight/ OR birth adj weigh\*.tw.
2. self?report\*.tw OR Mental Recall/ OR recall\*.tw. OR Self Report/ OR self?disclosure\*.tw.

CINAHL:

1. MH “Birth Weight” OR birth n3 weigh\*
2. MH “self Report” OR recall\* OR self?report\*
3. 1 AND 2