**Table S1:** **Quality assessment of included studies using MMAT tool**

Note: Y = yes, P = partially, ? = unsure as not enough data and X = no. If the box is grey criterion is inapplicable

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study**  | Adams (2001)P1 | Bantry White & Montgomery (2015)P2 | Behrman et al (2017)P3 | Benbow & Kingston (2017)P4 | Bourgeois & Couturier (2009)P5 | Choi et al (2014)P6 | Clarke et al (2010)P7 | Dickins et al (2018)P8 | Evans et al (2016)P9 | Evans & Means (2006)P10 | Lach et al (1995)P11 | Lee et al (2019)P12 | Pickering et al (2019)P13 | Poulin de Courval et al (2006)P14  | Sandberg et al (2015) P15 | Stevenson & Taylor (2018)P16 | Stevenson & Taylor (2017)P17 | Stevenson et al (2019) P18 | Struckmeyer et al (2020)P19 | Taylor et al (2017) P20 |
| **Screening Questions** | *Clear research aims* | P | P | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | P | Y | Y |
| *Addressed research questions appropriately* | P | P | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | ? | Y | Y |
| **Qualitative** | *Qualitative Research Question* | Y |  | Y | Y |  |  | Y | Y | Y | Y |  |  |  |  | Y | Y | Y | Y |  |  |
| *Appropriate Qualitative Method* | Y |  | Y | Y |  |  | Y | Y | Y | ? |  |  |  |  | Y | Y | Y | Y |  |  |
| *Findings accurately derived from data* | Y |  | Y | Y |  |  | Y | Y | Y | Y |  |  |  |  | Y | Y | Y | Y |  |  |
| *Sufficient Interpretation of data* | ? |  | Y | Y |  |  | Y | Y | Y | ? |  |  |  |  | Y | Y | Y | Y |  |  |
| *Coherence between data sources* | ? |  | Y | Y |  |  | Y | Y | Y | P |  |  |  |  | Y | Y | Y | Y |  |  |
| **Quantitative Descriptive** | *Appropriate sampling strategy* |  |  |  |  |  | P |  |  |  |  |  |  | Y | Y |  |  |  |  | Y |  |
| *Representative Sample* |  |  |  |  |  | P |  |  |  |  |  |  | Y | Y |  |  |  |  | Y |  |
| *Appropriate Measurements* |  |  |  |  |  | Y |  |  |  |  |  |  | Y | Y |  |  |  |  | Y |  |
| *Low risk of nonresponse bias* |  |  |  |  |  | ? |  |  |  |  |  |  | Y | Y |  |  |  |  | Y |  |
| *Appropriate statistical analysis* |  |  |  |  |  | Y |  |  |  |  |  |  | Y | Y |  |  |  |  | Y |  |
| **Mixed Methods** | *Adequate rationale for mixed methods* |  | Y |  |  | Y |  |  |  |  |  | Y | Y |  |  |  |  |  |  |  | Y |
| *Study components effectively integrated* |  | Y |  |  | Y |  |  |  |  |  | Y | Y |  |  |  |  |  |  |  | Y |
| *Qualitative and quantitative components accurately interpreted*  |  | P |  |  | P |  |  |  |  |  | Y | Y |  |  |  |  |  |  |  | Y |
| *Qualitative and quantitative inconsistencies interpreted* |  | P |  |  | Y |  |  |  |  |  | Y | Y |  |  |  |  |  |  |  | Y |
| *Quality of methods upheld* |  | Y |  |  | Y |  |  |  |  |  | Y | Y |  |  |  |  |  |  |  | Y |

\* **Quantitative non-randomised section not included in table as no data reported in this section**