**Additional file 1. Critical Appraisal Skills Programme (CASP) criteria**

1. **Was there a clear statement of the aims of the research?**
   1. Yes, this study aimed to explore the perceptions on GT and SP techniques in pediatric mental health-related consultations in a primary healthcare center in Catalonia in 2018-2019, among families, healthcare and education professionals.
2. **Is a qualitative methodology appropriate?**
   1. Yes, qualitative methodology was the most appropriate methodology based on the aim of the study.
3. **Was the research design appropriate to address the aims of the research?**
   1. Yes. The design and theoretical approaches taken to conduct the research have been appropriate and clearly identified in the article.
4. **Was the recruitment strategy appropriate to the aims of the research?**
   1. Recruitment strategies were appropriate for this study. All family members of children and adolescents who took part in the GT/SP consultations were invited to take part in the qualitative research. Recruiting professionals in different areas and who work with children/adolescents in the area of mental health was also most appropriate.
5. **Was the data collected in a way that addressed the research issue?**
   1. Yes, semi-structured interviews were conducted and were useful to explore the perceptions and experiences of family members and professionals around GT/SP consultations in PHC.
6. **Has the relationship between researcher and participants been adequately considered?**
   1. Yes, authors applied reflexivity throughout the research and they considered how participating could have an impact on participants. Researchers ensured that taking part in the study did not interfere with health care.
7. **Have ethical issues been taken into consideration?**
   1. The authors assert that all procedures contributing to this work comply with the ethical standards of the Spanish Law on Biomedical Research (14/2007) and the Spanish Law on Data Protection (3/2018) and with the Helsinki Declaration of 1975, as revised in 2008. The study was evaluated by the IDIAPJGol Research Ethics Committee and approved on May 4, 2018 (P17/227). All participants gave their verbal and written consent prior to taking part in the study.
8. **Was the data analysis sufficiently rigorous?**
   1. Yes. Data analysis has been triangulated, formulated, discussed between researchers in the research team. The analysis process has been described in detail to ensure transparency.
9. **Is there a clear statement of findings?**
   1. Yes, results are clearly stated and discussed. Main conclusions on the implications of this study are also discussed.
10. **How valuable is the research?**
    1. As stated in the conclusions section, this study offers an overview on the perceptions of families and professionals on the use of GT/SP to address emotional and mental health among children and adolescents in PHC settings. The results of this study are useful to inform future research on GT/SP and in the field of emotional and mental health. Future research could focus on investigating the acceptability, implementation and cost-effectiveness of GT/SP consultations in pediatric PHC.