**Appendix 1.** Mixed Methods Appraisal Tool (MMAT) version 2018

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| --- | --- | --- |
| **Category of study design** | **Methodological quality criteria** | Responses |
| Yes | No | Can’t tell | Comments |
| **Screening questions (for all types)** |  **S1.** Are there clear research questions? |  |  |  |  |
|  **S2.** Do the collected data allow to address the research questions? |  |  |  |  |
|  *Further appraisal may not be feasible or appropriate when the answer is “No” or “Can’t tell” to one or both screening questions.* |
| 1. **Qualitative**
 | * 1. Is the qualitative approach appropriate to answers the research question?
 |  |  |  |  |
| * 1. Are the qualitative data collection methods adequate to address the research question?
 |  |  |  |  |
| * 1. Are the findings adequately derived from the data?
 |  |  |  |  |
| * 1. Is the interpretation of results sufficiently substantiated by data?
 |  |  |  |  |
| * 1. Is there coherence between qualitative data sources, collection, analysis and interpretation?
 |  |  |  |  |
| 1. **Quantitative randomized controlled trials**
 | * 1. Is randomization appropriately performed?
 |  |  |  |  |
| * 1. Are the groups comparable at baseline?
 |  |  |  |  |
| * 1. Are there complete outcome data?
 |  |  |  |  |
| * 1. Are outcome assessors blinded to the interventions provided?
 |  |  |  |  |
| * 1. Did the participants adhere to the assigned intervention?
 |  |  |  |  |
| 1. **Quantitative non-randomized**
 | * 1. Are the participants representative of the target population?
 |  |  |  |  |
| * 1. Are measurements appropriate regarding both the outcome and interventions (or exposure)?
 |  |  |  |  |
| * 1. Are the complete outcome data?
 |  |  |  |  |
| * 1. Are the confounders accounted for in the design and analysis?
 |  |  |  |  |
| * 1. During the study period, is the interventions administered (or exposure occured) as intended?
 |  |  |  |  |
| 1. **Quantitative descriptive**
 | * 1. Is the sampling strategy relevant to address the research question?
 |  |  |  |  |
| * 1. Is the sample represantative of the target population?
 |  |  |  |  |
| * 1. Are the measurements appropriate?
 |  |  |  |  |
| * 1. Is the risk of nonresponse bias low?
 |  |  |  |  |
| * 1. Is the statistical analysis appropriate to answer the research question?
 |  |  |  |  |
| 1. **Mixed methods**
 | * 1. Is there an adequate rationale for using a mixed methods design to address the research question?
 |  |  |  |  |
| * 1. Are the different components of the study effectively integrated to answer the research question?
 |  |  |  |  |
| * 1. Are the outputs of the integration of qualitative and quantitative components adequately interpreted?
 |  |  |  |  |
| * 1. Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?
 |  |  |  |  |
| * 1. Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?
 |  |  |  |  |