**Appendix Two**

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| **Author (s) & year** | **MMAT score of** **relevant aspect** **of study** **(out of 5 where 5 indicates higher quality)** | **Issues identified by MMAT leading to deduction of points** **(for relevant aspect of study,****not necessarily** **the overall study quality)** |
| Quantitative studies |
| Church (2012) | 2/5 | Query how sample of 100 was selected, representativeness& risk of nonresponder bias |
| Coughlin et al (2009) | 4/5 | Outcome data <80% complete |
| Damodaran et al (2012) | 2/5 | Measurements & statistical analysis |
| Damodaran & Sherlock (2013) | 2/5 | Sampling strategy, statistical analysis, incomplete reporting of outcomes |
| Flynn et al (2019) | 4/5 | Outcome data <80% complete |
| McGarry et al (2008) | 3/5 | Non-blinded, outcome data <80% complete |
| McNicholas et al (2010) | 2/5 | Sampling strategy, representativeness of the sample and risk of nonresponder bias |
| McNicholas et al (2016) | 4/5 | Risk of nonresponder bias |
| O’Brien et al (2007) | 4/5 | Not blinded |
| Wynne et al (2016) | 4/5 | Query over possible confounders & regression to mean |
| Mixed methods |
| McDonald et al(2015) | 2/5 | Sampling, query over possible confounders & regression to mean |
| McNicholas et al (2018) | 4/5 | Possible nonresponder bias |
| Tanıl et al (2018) | 3/5 | Possible nonresponder bias, incomplete outcome data |
| Qualitative studies |
| Carr-Fanning & McGuckin (2018) |  4/5 | Data collection / possible bias in sample |
| Coyne et al (2015) | 5/5 | - |