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| **Additional file 2:** Quality appraisal tools and outcomes |
| ***Qualitative Study Appraisal Outcomes: Critical Appraisal Skills Programme (2017)*** |
|  | **Question**  |
| **Author** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| Borland et al (2014) | Yes | Yes | Yes | Yes | Yes | Yes | Can’t Tell | Yes | Yes | High |
| Jack et al (2016) | Yes | Yes | Yes | Yes | Yes | No | Yes | Can’t tell | Yes | Medium |
| Jack et al (2014) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Can’t tell | Yes | Medium |
| Hopkinson and Hallett (2001) | Yes | Yes | Yes | Yes | Yes | No | No | No | Yes | Low |
| Hyde et al (2011) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Medium |
| Kennett (2000) | Yes | Yes | Yes | Can’t tell | Yes | No | No | No | Yes | Low |
| Kennett and Payne (2005) | Yes | Yes | Yes | Yes | Yes | No | No | No | Yes | Medium |
| Low et al (2005) | Yes | Yes | Yes | No | No | No | Yes | No | Yes | Medium |
| Williams and Gardener (2015) | Yes | Yes | Yes | Yes | Yes | No | No | No | Yes | Low |
| Hayle et al (2013) | Yes | Yes | Yes | Can’t tell | Yes | Yes | Yes | No | Yes | High |
| Gambles et al (2002) | Yes | Yes | No | Can’t tell | Can’t tell | No | No | No | Yes | Medium |
| Kirk (2002) | No | Can’t tell | Can’t tell | Can’t tell | Yes | No | Can’t Tell | No | Yes | Low |
| Woolf and Fisher (2015) | Yes | Yes | Yes | Can’t tell | Yes | Yes | Yes | Yes | Yes | Medium |
| Holdsworth (2015) | Yes | Yes | Yes | Yes | Yes | No | Yes | Yes | Yes | Low |
|  Exley and Tyrer (2005) | Yes | Yes | Yes | Yes | Yes | No | Yes | No | Yes | Medium |
| Carlebach and Shucksmith (2010) | Yes | Yes | Yes | Yes | Yes | No | Can’t Tell | No | Yes | Low |
| Thomas (2001) | Yes | Yes | Yes | No | Yes | Yes | Yes | No | Yes | Low |

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| ***Mixed- Method Study Appraisal Outcomes:*** *Mixed Methods Appraisal Tool (MMAT) (2011)* |
| **Questions** |
| **Author**  | **Screening questions**  | **1.1** | **1.2** | **1.3** | **1.4** | **2.1** | **2.2** | **2.3** | **2.4** | **3.1** | **3.2** | **3.3** | **3.4** | **4.1** | **4.2** | **4.3** | **4.4** | **5.1** | **5.2** | **5.3** |
| Field et al (2007)  | Yes | Yes | Yes | Yes | Yes | Yes | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Can’t tell | Can’t tell | Yes | Yes | No | No | No |
| Kernohan et al (2007) | Yes | Yes | Yes | Yes | Yes | No | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Yes | Yes | Yes | Yes | Yes | Yes | No |
| Goodwin et al (2002) | Yes | Yes | Yes | Yes | Yes | No | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Yes | Yes | N/A | No | Can’t tell | Can’t tell  | No |
| McKay et al (2013) | Yes | Yes | Yes | Yes | No | No | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Can’t tell | Can’t tell | Yes | No | Yes | Yes | No |
| McLaughlin et al (2007) | Yes | Yes | Yes | Yes | Can’t Tell | No | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Yes | Yes | Yes | No | Yes | Yes | No |
| Roberts and McGilloway, (2008) | No | Yes | Yes | Can’t tell | Yes | No | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Yes | Yes | Yes | No | No | No | No |
| Skilbeck et al (2005) | No | Yes | Yes | Yes | Yes | No | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | Yes | Yes | Yes | No | Yes | Yes | No |

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| ***Questionnaire Survey Appraisal Outcomes:*** *Center for Evidence-Based Management Critical Appraisal of a Survey (2017)* |
| **Questions** |
| **Author** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| Kernohan et al (2006) | Yes | Yes | Yes | Yes | Yes | No | Yes | No | No | No | Can’t Tell | Yes |
| Lucas et al (2008) | Yes | Yes | No | Can’t Tell | Yes | No | Yes | No | No | No | Can’t Tell | Yes |
| Hastie et al (2005) | No | Yes | Yes | Yes | Yes | No | Can’t Tell | Can’t Tell | No | No | Can’t Tell | Yes |
| Hastie et al (2007) | No | Yes | Yes | Yes | Yes | No | Can’t Tell | Can’t Tell | No | No | Can’t Tell | Yes |
| Hastie et al (2009) | No | Yes | Yes | Yes | Yes | No | Can’t Tell | Can’t Tell | No | No | Can’t Tell | Yes |
| Jenkins and Codling (2011)  | No | Yes | Yes | Yes | Yes | No | Can’t Tell | Can’t Tell | No | No | Can’t Tell | Yes |
|  Jenkins and Codling (2013) | No | Yes | Yes | Yes | Yes | No | Can’t Tell | Can’t Tell | No | No | Can’t Tell | Yes |
| Office of National Statistics (2015) | No | Yes | Yes | Yes | Yes | No | Can’t Tell | Can’t Tell | No | No | Can’t Tell | Yes |
| Addington-Hall and O’Callaghan (2009) | Yes | Yes | Yes | Yes  | Can’t Tell | No | No | Can’t Tell | Yes | No | No | Yes |

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| ***Quantitative Study Appraisal Outcomes :*** *Effective Public Health Practice Project (2017)* |
| **Questions**  |
|  | **A** | **B** | **C** | **D** | **E** | **F** |
| **Author** | **1** | **2** | **1** | **2** | **1** | **2** | **1** | **2** | **1** | **2** | **1** | **2** |
| Parkes (1979) | Can’t Tell | Can’t Tell | Case Control | No | Can’t Tell | Can’t Tell | Can’t Tell | Can’t Tell | Can’t Tell | Can’t Tell | N/A | Can’t Tell |
|  | **Weak** | **Moderate** | **Weak** | **Moderate** | **Weak** | **Weak** | **Global rating**  |
| **Weak** |