**Table 3:** Quality appraisal of included articles using the Critical Appraisal Skills Programme Checklist (CASP; 2018)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Authors | Aims | Method | Design | Recruitment | Data collection | Bias considered | Ethics Considered | Data analysis | Findings | Value | Quality |
| Alaggia & Millington (2008) | Yes | Yes | Yes | Can’t Tell | Yes | Yes | Can’t Tell | Yes | Yes | Yes | High |
| Arreola et al. (2013) | Yes | Yes | Can’t Tell | Yes | Yes | Somewhat | Yes | Yes | Yes | Somewhat | Mod. |
| Crete & Singh (2015) | Yes | Yes | Yes | Yes | Yes | Yes | Somewhat | Yes | Yes | Yes | High |
| Deering & Mellor (2011) | Yes | Yes | Can’t Tell | Yes | Yes | No | Yes | No | Yes | Yes | Mod. |
| Denov (2004) | Yes | Yes | Yes | Yes | Yes | Somewhat | Yes | Can’t Tell | Yes | Yes | High |
| Easton et al. (2019) | Yes | Somewhat | Yes | Yes | Yes | Can’t Tell | Can’t Tell | Yes | Yes | Yes | Mod. |
| Easton et al. (2015) | Yes | Somewhat | Can’t Tell | Yes | Yes | Can’t Tell | Can’t Tell | Yes | Yes | Yes | Mod. |
| Gilgun & Reiser (1990) | Yes | Yes | Can’t Tell | No | Yes | No | Can’t Tell | No | Can’t Tell | Somewhat | Low |
| Gill & Tutty (1999) | Yes | Yes | Yes | Yes | Yes | Can’t Tell | Somewhat | Can’t Tell | Can’t Tell | Yes | Mod. |
| Isely et al. (2008) | Yes | Yes | Can’t Tell | Can’t Tell | No | No | Can’t Tell | No | Can’t Tell | Yes | Low |
| Kia-Keating et al. (2005) | Yes | Yes | Yes | Yes | Yes | Yes | Somewhat | Yes | Yes | Yes | High |
| Kia-Keating et al. (2010) | Yes | Yes | Yes | Yes | Yes | Somewhat | Somewhat | Yes | Yes | Yes | High |
| Lisak (1994) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Somewhat | High |
| MacIntosh et al. (2016) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | High |
| Payne et al. (2014) | Yes | Yes | Yes | Yes | Yes | Somewhat | Yes | Yes | Yes | Yes | High |
| Sigurdardottir et al. (2012) | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | High |

Note: CASP (2018) questions in full: 1. Aims: Was there a clear statement of the aims of the research?; 2. Method: Was a qualitative methodology appropriate?; 3.Design: Was the research design appropriate to address the aims of the research?; 4. Recruitment: Was the recruitment strategy appropriate to the aims of the research?; 5. Data collection: Was the data collected in a way that addressed the research question?; 6. Bias considered: Has the relationship between researcher and participants been adequately considered?; 7. Ethics Considered: Have ethical issues been taken into consideration?; 8. Data Analysis: Was the data analysis sufficiently rigorous?; 9. Findings: Is there a clear statement of findings?; 10.Value: How valuable is the research?   
Scoring System: ‘Yes’ = 1 point; ‘Somewhat’ or ‘Can’t Tell’ = 0.5 points; ‘No’ = 0 points; total scores: 9-10 = High quality; 7.5-8.5 = Moderate quality; 7 and under = Low quality