

Table S1. Mixed Methods Appraisal Tool.

Types of mixed methods Study components	Methodological quality criteria	Beaudoin et al. 2003 (Canada)	Bijl et al. (2019) (The Netherlands)	Gemmel et al. (2019) (Belgium)	Ghosh and Sobek (2015) (United States)	Gurses and Carayon (2007) (United States)	Halbesleben and Rathert (2008) (United States)	Halbesleben et al. (2010) (United States)	Halbesleben et al. (2013) (United States)	Hall et al. (2010) (Canada)	Hewitt and Chreim (2015) (Canada)	Holden et al. (2013) (United States)	Mansour and Tremblay (2019) (Canada)	Stevens et al. (2017) (United States)	Stevens and Ferrer (2016) (United States)	Tucker (2004) (United States/ Canada)	Tucker (2007) (United States/ Canada)	Tucker (2015) (United States)	Tucker and Edmondson (2002) (United States)	Tucker and Edmondson (2003) (United States)	Tucker et al. (2002) (United States)	Tucker et al. (2014) (United States)	Tucker et al. (2008) (United States)	Tucker and Spear (2006) (United States)	Tucker et al. (2019) (United States)
Screening questions	Are there clear research questions?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Do the collected data allow to address the research questions?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1. Qualitative	1.1. Is the qualitative approach appropriate to answer the research question?	Yes	Yes		Yes			Yes			Yes	Yes				Yes			Yes	Yes	Yes	Yes			
	1.2. Are the qualitative data collection methods adequate to address the research question?	Yes	Yes		Yes			Yes			Yes	Yes				Yes			Yes	Yes	Yes	Yes			
	1.3. Are the findings adequately derived from the data?	Can't tell	Yes		Yes			Yes			Can't tell	Yes				Yes			Yes	Can't tell	Yes	Yes			
	1.4. Is the interpretation of results sufficiently substantiated by data?	Yes	Yes		Yes			Yes			Can't tell	Yes				Yes			Yes	Yes	Yes	Can't tell			
	1.5. Is there coherence between qualitative data sources, collection, analysis and interpretation?	Yes	Yes		Yes			Yes			Yes	Yes				Yes			Yes	Yes	Yes	Yes			
2. Quantitative RCT	2.1. Is randomization appropriately performed?																	Yes							
	2.2. Are the groups comparable at baseline?																	Yes							
	2.3. Are there complete outcome data?																	Yes							
	2.4. Are outcome assessors blinded to the intervention provided?																	Yes							
	2.5. Did the participants adhere to the assigned intervention?																	Yes							
3. Quantitative non-RCT	3.1. Are the participants representative of the target population?																								
	3.2. Are measurements appropriate regarding both the outcome and intervention (or exposure)?																								
	3.3. Are there complete outcome data?																								
	3.4. Are the confounders accounted for in the design and analysis?																								
	3.5. During the study period, is the intervention administered (or exposure occurred) as intended?																								
4. Quantitative descriptive	4.1. Is the sampling strategy relevant to address the research question?			Yes		Yes	Yes		Yes				Yes	Yes	Yes		Yes						Yes		Yes
	4.2. Is the sample representative of the target population?			Yes		Yes	Yes		Yes				Yes	Yes	Yes		Yes						Yes		Yes
	4.3. Are the measurements appropriate?			Yes		Yes	Yes		Yes				Yes	Yes	Yes		Yes						Yes		Yes
	4.4. Is the risk of nonresponse bias low?			Can't tell		Yes	Yes		Can't tell				Can't tell	N/A	No		Yes						N/A		Yes
	4.5. Is the statistical analysis appropriate to answer the research question?			Yes		Yes	Yes		Yes				Yes	Yes	Yes		Yes						Yes		Yes
5. Mixed methods	5.1. Is there an adequate rationale for using a mixed methods design to address the research question?									Yes														Yes	
	5.2. Are the different components of the study effectively integrated to answer the research question?									Yes														Yes	
	5.3. Are the outputs of the integration of qualitative and quantitative components adequately interpreted?									Yes														Yes	
	5.4. Are divergences and inconsistencies between quantitative and qualitative results adequately addressed?									Can't tell														No	
	5.5. Do the different components of the study adhere to the quality criteria of each tradition of the methods involved?									Yes														Yes	

RCT Randomized controlled trial

N/A Not applicable