**APPENDIX B**

**Scoring Matrix for Quality Assessment**

Overall scoring was used to make the quality assessment as follows:

* Qualitative studies = 9 questions asked:
  + Score: 0-4 = Weak / 5-7 = moderate / 8-9 = strong
* Quantitative (Cross-sectional surveys) = 5 questions asked:
  + Score: 0-2 = Weak / 3-4 = moderate / 5 = strong
* Quantitative (Cohort) = 9 questions asked:
  + Score: 0-4 = Weak / 5-7 = moderate / 8-9 = strong
* Quantitative (Experimental) = 11 questions (asked):
  + Score: 0-5 = Weak / 6-8 = moderate / 9-11 = strong

Note: these thresholds were set prior to ratings being undertaken.