**Table S2.**

**Study quality assessment by the tool Effective Public Health Practice Project (EPHPP)a**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study - First author, Year,****Reference** | **Intervention with at least one mental ill health outcome** | **Intervention with at least one positive mental health outcome, including academic performance** | **Selection bias** | **Study design** | **Confounders** | **Blinding** | **Data collection method** | **Withdrawals and dropouts** | **Global rating** |
| Braithwaite SR, 2009 **[52]** | Yes  | ̶ | Weak | Strong | Strong | Moderate | Strong | Moderate | Moderate |
| Chase JA, 2013 **[34]** | ̶  | Yes | Weak | Strong | Strong | Moderate | Strong | Moderate | Moderate |
| Cheng M, 2015 **[53]**  | Yes | Yes | Weak | Strong | Weak | Moderate | Strong | Weak | Weak |
| Chiauzzi E, 2008 **[35]** | Yes | Yes | Moderate | Strong | Strong | Moderate | Strong | Strong | Strong |
| Erogul M, 2014 **[54]** | Yes  | Yes | Moderate | Strong  | Strong | Moderate | Strong | Moderate | Strong |
| Fontana AM, 1999 **[55]** | Yes | ̶ | Weak | Strong | Strong | Moderate | Strong | Moderate  | Moderate |
| Franklin J, 2012 **[56]** | ̶ | Yes | Weak | Strong | Weak | Strong | Moderate | Strong | Weak |
| Gortner EM, 2006 **[57]** | Yes | ̶ | Weak | Strong | Weak | Moderate | Strong | Strong | Weak |
| Hamdan-Mansour AM, 2009 **[58]** | Yes | Yes | Weak | Strong | Strong | Moderate | Strong | Strong | Moderate |
| Higgins DM, 2006 **[36]** | Yes | ̶ | Weak | Strong | Strong | Moderate | Strong | Moderate | Moderate |
| Jones MC, 2000 **[37]** | Yes  | Yes | Weak | Strong | Strong | Moderate | Strong | Strong | Moderate |
| Kanji N, 2006 **[38]** | Yes | ̶ | Weak | Strong | Weak | Weak | Strong | Weak | Weak |
| Kattelman KK, 2014 **[59]** | Yes | ̶ | Weak | Strong | Strong | Moderate | Strong | Weak  | Weak |
| Kenardy J, 2006 **[60]** | Yes | ̶ | Weak | Strong | Strong | Moderate | Strong | Weak | Weak |
| Li M, 2015 **[61]** | Yes | Yes | Weak | Strong | Strong | Moderate | Strong | Strong | Moderate |
| Mak WWS, 2015 **[41]** | Yes | Yes | Moderate | Strong | Weak | Strong | Strong | Weak | Weak |
| Pachankis JE, 2010 **[62]** | Yes | Yes | Weak | Strong | Weak | Moderate | Strong | Weak | Weak |
| Peden AR, 2010 **[39]** | Yes | Yes | Weak | Strong | Strong | Moderate | Strong | Weak | Weak |
| Reavley NJ, 2014 **[46]** | Yes | ̶ | Weak | Strong | Strong | Moderate | Strong  | Weak | Weak |
| Rohde P, 2014 **[42]**  | Yes | ̶ | Weak | Strong  | Strong | Moderate | Strong | Strong | Moderate |
| Seligman MEP, 1999 **[40]** | Yes | ̶ | Strong | Strong | Strong | Strong | Strong | Strong | Strong |
| Seligman MEP, 2007 **[44]** | Yes | Yes | Weak | Strong | Strong | Strong | Strong | Strong | Moderate |
| Shapiro SL, 2011 **[63]** | Yes | Yes | Moderate | Strong | Strong | Moderate  | Strong | Strong | Strong |
| Vazquez FL, 2012 **[45]** | Yes | ̶ | Weak | Strong | Strong | Moderate | Strong | Strong | Moderate |
| Yang WY, 2014 **[43]** | Yes | ̶ | Weak | Strong | Moderate | Strong | Strong | Moderate  | Moderate  |
| Zheng G, 2015 **[64]** | Yes | Yes | Weak | Strong | Strong | Moderate | Strong | Strong | Moderate |

**a** Ratings are conducted according to the EPHPP Dictionary Guidelines and the EPHPP Quality Assessment Tool. The Global rating is compiled of: Strong (no weak component ratings), Moderate (one weak component rating), and Weak (two or more weak component ratings).