

Table S1. Quality Assessment of Included Studies Using Joanna Briggs Institute Critical Appraisal Checklist for Quasi-experimental Studies

Study	Is it clear in the study what is the 'cause' and what is the 'effect' (i.e., there is no confusion about which variable comes first)?	Were the participants included in any similar comparisons ?	Were the participants included in any comparisons receiving similar treatment/care other than the exposure or intervention of interest?	Was there a control group?	Were there multiple measurements of the outcome both pre- and post-intervention/exposure?	Was the follow-up complete and if not, were differences between the groups in terms of their follow-up adequately described and analyzed?	Were the outcomes of participants included in any comparisons measured in the same way?	Were the outcomes measured in a reliable way?	Was the applied statistical analysis appropriate?
Mulder et al (1994)	Y	Y	Y	N	Y	Y	Y	Y	Y
Senat et al (1998)	Y	Y	Y	N	Y	Y	Y	Y	Y
Kelly et al (2000)	Y	Y	Y	N	Y	Y	Y	Y	Y
Mulder et al (2004)	Y	Y	Y	N	Y	Y	Y	Y	Y
Mulder et al (2004)	Y	Y	Y	N	Y	Y	Y	Y	Y
Mulder et al (2004)	Y	Y	Y	N	Y	Y	Y	Y	Y
Jackson et al (2009)	Y	Y	Y	N	Y	Y	Y	Y	Y
Schneider et al (2010)	Y	Y	Y	N	Y	Y	Y	Y	Y
Kazardoost et al (2012)	Y	Y	Y	N	Y	Y	Y	Y	Y
Abbasalizadeh et al (2013)	Y	Y	Y	N	Y	Y	Y	Y	Y
HEFNY et al (2015)	Y	Y	Y	N	Y	Y	Y	Y	Y
Dawes et al (1994)	Y	Y	Y	N	Y	Y	Y	Y	Y
Deren et al (2001)	Y	Y	Y	N	Y	Y	Y	Y	Y
Lunshof et al (2005)	Y	Y	Y	N	Y	Y	Y	Y	Y