Appendix: Supplementary Table 1: Results of quality criteria assessment of each of the 33 papers included (based on CASP 2014)

	Clear statement of aims?	Qualitative methodology appropriate?	Research design appropriate?	Recruitment strategy appropriate?	Data collection appropriate?	Relationship between researcher and participants considered?	Ethical issues considered?	Data analysis sufficiently rigorous?	Clear statement of findings
Allen et al. (2008)	1	1	1	1	1	1	3	1	1
Aper et al. (2015)	1	1	1	1	1	1	1	1	1
Arntfield et al. (2013)	1	1	1	1	1	1	1	3	1
Atasoy et al. (2012)	1	1	1	1	3	3	2	2	1
Bandini et al. (2017)	1	1	1	1	1	2	1	2	1
Batley et al. (2016)	1	1	1	1	1	2	1	1	1
Beck et al. (2015)	1	1	1	1	1	2	2	1	1
Boland et al. (2016)	1	1	1	1	1	1	1	1	1
Brand et al. (2017)	1	1	1	1	1	2	1	2	1
Braun et al. (2013)	1	1	1	1	1	2	2	1	1
Breytspraak et al. (2008)	1	1	1	3	1	2	1	1	1
Burgess et al. (2015)	1	1	1	1	1	2	1	1	1
Chretien et al. (2015)	1	1	1	1	1	2	2	1	1
Curry et al. (2011)	1	1	1	1	1	1	1	1	1
Easton (2016)	1	1	1	1	1	1	1	1	1
Eikeland et al. (2014)	1	1	1	1	1	1	1	1	3
Frazier et al. (2015)	1	1	1	3	3	3	3	2	2
Ganesh et al. (2010)	3	1	1	3	1	3	2	2	3
Gonsalves et al. (2016)	1	1	1	3	3	3	2	1	1
Griswold et al. (2007)	1	1	1	1	1	3	1	1	1
Head et al. (2012)	1	1	1	1	1	3	1	1	1
Hunukumbure et al. (2017)	1	1	1	1	1	1	1	1	3
Kastenholz et al. (2016)	1	1	1	1	1	1	1	1	1
Kearsley et al. (2014)	1	1	1	1	1	1	1	1	1
Kenyon et al. (2007)	1	1	1	1	1	3	1	1	1
Klemenc-Ketis et al. (2011)	1	1	1	1	1	2	2	1	1
Konkin et al. (2012)	1	1	1	1	1	1	1	1	1
Loh et al. (2016)	1	1	1	1	1	1	1	1	1

Lutz et al. (2013)	1	1	1	1	1	1	1	1	1
McDonald et al. (2015)	3	1	1	1	1	3	1	1	1
McNeill et al. (2013)	1	1	1	3	1	3	1	3	3
Michalec (2011)	1	1	1	1	1	1	1	1	1
Tavakol et al. (2012)	1	1	1	1	1	3	1	1	1

Legend: Yes (1); No (2); Unclear (3)