

Additional File

Content

1. ENTREQ Statement.....	2
2. Inclusion and exclusion criteria	4
3. Search strategy	5
CINAHL (Ebsco).....	5
APA PsycInfo (Ebsco).....	6
4. List of excluded studies	8
Ineligible study design	8
Ineligible document type.....	9
Ineligible study population	9
Ineligible topic	9
Ineligible outcome	10
Ineligible setting.....	10

1. ENTREQ Statement

Table A1 Items, guide and description and position for enhancing transparency in reporting the synthesis of qualitative research

No	Item	Guide and description	Position
1	Aim	State the research question the synthesis addresses.	p.2
2	Synthesis methodology	Identify the synthesis methodology or theoretical framework which underpins the synthesis and describe the rationale for choice of methodology (e.g. meta-ethnography, thematic synthesis, critical interpretive synthesis, grounded theory synthesis, realist synthesis, meta-aggregation, meta-study, framework synthesis).	p.5
3	Approach to searching	Indicate whether the search was pre-planned (comprehensive search strategies to seek all available studies) or iterative (to seek all available concepts until they theoretical saturation is achieved).	p.6
4	Inclusion criteria	Specify the inclusion/exclusion criteria (e.g. in terms of population, language, year limits, type of publication, study type).	p.5
5	Data sources	Describe the information sources used (e.g. electronic databases (MEDLINE, EMBASE, CINAHL, psycINFO, Econlit), grey literature databases (digital thesis, policy reports), relevant organisational websites, experts, information specialists, generic web searches (Google Scholar) hand searching, reference lists) and when the searches conducted; provide the rationale for using the data sources.	p.6
6	Electronic Search strategy	Describe the literature search (e.g. provide electronic search strategies with population terms, clinical or health topic terms, experiential or social phenomena related terms, filters for qualitative research, and search limits).	p.6
7	Study screening methods	Describe the process of study screening and sifting (e.g. title, abstract and full text review, number of independent reviewers who screened studies).	p.6
8	Study characteristics	Present the characteristics of the included studies (e.g. year of publication, country, population, number of participants, data collection, methodology, analysis, research questions).	Table 1
9	Study selection results	Identify the number of studies screened and provide reasons for study exclusion (e.g. for comprehensive searching, provide numbers of studies screened and reasons for exclusion indicated in a figure/flowchart; for iterative searching describe reasons for study exclusion and inclusion based on modifications of the research question and/or contribution to theory development).	p.8
10	Rationale for appraisal	Describe the rationale and approach used to appraise the included studies or selected findings (e.g. assessment of conduct (validity and robustness), assessment of reporting (transparency), assessment of content and utility of the findings).	NA

No	Item	Guide and description	Position
11	Appraisal items	State the tools, frameworks and criteria used to appraise the studies or selected findings (e.g. Existing tools: CASP, QARI, COREQ, Mays and Pope [25]; reviewer developed tools; describe the domains assessed: research team, study design, data analysis and interpretations, reporting).	NA
12	Appraisal process	Indicate whether the appraisal was conducted independently by more than one reviewer and if consensus was required.	NA
13	Appraisal results	Present results of the quality assessment and indicate which articles, if any, were weighted/excluded based on the assessment and give the rationale.	NA
14	Data extraction	Indicate which sections of the primary studies were analysed and how were the data extracted from the primary studies? (e.g. all text under the headings “results /conclusions” were extracted electronically and entered into a computer software).	p.8
15	Software	State the computer software used, if any.	p.6, p.7
16	Number of reviewers	Identify who was involved in coding and analysis.	Declarations: Authors’ contribution
17	Coding	Describe the process for coding of data (e.g. line by line coding to search for concepts).	p.7, p.8
18	Study comparison	Describe how were comparisons made within and across studies (e.g. subsequent studies were coded into pre-existing concepts, and new concepts were created when deemed necessary).	p.7, p.8
19	Derivation of themes	Explain whether the process of deriving the themes or constructs was inductive or deductive.	p.7, p.8
20	Quotations	Provide quotations from the primary studies to illustrate themes/constructs and identify whether the quotations were participant quotations of the author’s interpretation.	Results section, Table 2
21	Synthesis output	Present rich, compelling and useful results that go beyond a summary of the primary studies (e.g. new interpretation, models of evidence, conceptual models, analytical framework, development of a new theory or construct).	Table 2

2. Inclusion and exclusion criteria

Table A2 Inclusion and exclusion criteria

Criteria	Inclusion criteria	Exclusion criteria
<i>Study design</i>	Qualitative studies (interviews, focus groups) Mixed-methods studies (if the qualitative part is reported separately) Qualitative evidence syntheses	Intervention studies Quantitative intervention studies Other study types Case series Cross-sectional studies Reviews Narrative reviews
<i>Document type</i>	Journal articles Reports (including practice guidelines, recommendations) Theses (only if highly relevant)	Conference abstracts Study protocols Posters Books or book chapters
<i>Study population</i>	Men (defined as all individuals who identify as male) Individuals working with men or involved in men's health topics Men aged 15 and older	Women and individuals who do not identify as male Men with disabilities or specific illnesses (e.g., prostate cancer, depression, obesity with BMI ≥ 30) Homeless men Children and adolescents under 15
<i>Phenomenon of interest</i>	Health promotion and prevention services (e.g., physical activity, nutrition programs) General health promotion Mental health support services	Preventive and screening examinations Use of healthcare services Sexual health, HIV prevention Violence prevention Prenatal care, childbirth preparation, preparing for fatherhood
<i>Outcome</i>	Utilization of health promotion and prevention services Preferences Barriers and facilitators Needs Access Attitudes towards health promotion	Outcomes not reported separately for men and women
<i>Setting</i>	Workplaces Communities Clubs/associations Other common meeting places for men (e.g., barbershops, sporting events, car washes, etc.)	Hospital University, Colleges
<i>Context</i>	High- and middle-income countries per World Bank classification): <u>World Bank Country and Lending Groups</u>	Low-income countries or very specific minority groups not comparable (e.g., Hispanic Americans, Aboriginal people, Black men, Arab-Muslim men) Studies only applicable in pandemic contexts (e.g., COVID-19)
<i>Language</i>	English German	All other languages
<i>Publication time</i>	Since 2004	<2004

3. Search strategy

CINAHL (Ebsco)

Table A3 Details of CINAHL (Ebsco) search, search date: December 18th, 2024

	#	Query	Limiters/Expanders	Results
A men	S1	(MH "Men") OR (MH "Men's Health") OR (MH "Masculinity")	Search modes - Find all my search terms	18,486
	S2	MM "Male"	Search modes - Find all my search terms	114
	S3	TI (men OR ((adolesc* OR teen*) N3 (boys OR male#)) OR (male# N3 (workers OR students OR employees OR older OR young)))	Search modes - Find all my search terms	63,248
	S4	S1 OR S2 OR S3	Search modes - Find all my search terms	72,340
B. health promotion	S5	(MH "Health Promotion")	Search modes - Find all my search terms	83,984
	S6	((MH "Occupational Health Services") OR (MH "Community Health Services") OR (MH "School Health Services") OR (MH "Preventive Health Care")) AND ((MM "Student Health Education") OR (MM "School Health Education") OR (MM "Health Education"))	Search modes - Find all my search terms	1,432
	S7	TI (health* N2 promot*)	Search modes - Find all my search terms	16,158
	S8	TI (((Health* OR wellbeing OR well-being) AND (promot* OR improv* OR increase* OR need# OR encourag* OR living OR chang* OR lifestyle OR life-style) AND (service# OR program* OR strateg* OR intervention#)))	Search modes - Find all my search terms	14,253
	S9	S5 OR S6 OR S7 OR S8	Search modes - Find all my search terms	99,187
	S10	S4 AND S9	Search modes - Find all my search terms	1,531
A+B	S10	S4 AND S9	Search modes - Find all my search terms	1,531
C. health promotion programs for men	S11	AB (((men OR boys OR male#) N3 (Health* OR wellbeing OR well-being) N3 (promot* OR improv* OR increase* OR need# OR encourag* OR living OR chang* OR lifestyle OR life-style) AND (service# OR program* OR strateg* OR intervention#)))	Search modes - Find all my search terms	703

	#	Query	Limiters/Expanders	Results
(A+B) or C	S12	S10 OR S11	Search modes - Find all my search terms	2,131
D. qualitative research	S13	((MH "Qualitative Studies+") OR (MH "Interviews+") OR (MH "Focus Groups")) OR (TI (interview# OR "focus group#") OR AB (interview# OR "focus group#")) OR (TI ((qualitative N2 (stud* OR research OR analy* OR synthes* OR systematic OR review OR data))) OR AB ((qualitative N2 (stud* OR research OR analy* OR synthes* OR systematic OR review OR data)))) OR (meta-synthes#s OR metasynthes#s OR meta-ethnograph*)	Search modes - Find all my search terms	476,696
((A+B) or C)+D	S14	S12 AND S13	Limiters - Publication Date: 20040101-20241231; Language: English, German	552
E. excludes	S15	TI ((hiv N1 prevent*) OR "sexual health" OR "pre-exposure prophylaxis" OR PrEP OR "Safe# Sex" OR (violence N2 prevent*) OR screening)	Search modes - Find all my search terms	86,000
((A+B) or C)+D-E	S16	S14 NOT S15	Search modes - Find all my search terms	478

APA PsycInfo (Ebsco)

Table A4 Details of APA PsycInfo search, search date: December 18th, 2024

#	Query	Limiters/Expanders	Results
S1	((DE "Human Males") OR (DE "Masculinity")) OR (DE "Psychology of Men" OR DE "Male Attitudes")	Search modes - Find all my search terms	41,214
S2	TI (men OR ((adolesc* OR teen*) N3 (boys OR male#)) OR (male# N3 (workers OR students OR employees OR older OR young)))	Search modes - Find all my search terms	58,242
S3	S1 OR S2	Search modes - Find all my search terms	82,896
S4	DE "Health Promotion" OR DE "Workplace Health Promotion"	Search modes - Find all my search terms	39,981

#	Query	Limiters/Expanders	Results
S5	(DE "Occupational Health" OR DE "Employee Well Being" OR DE "Well Being" OR DE "Community Health" OR DE "Community Mental Health Services") AND (DE "Health Education" OR DE "Mental Health Education" OR DE "Public Health Campaigns" OR DE "Health Knowledge")	Search modes - Find all my search terms	1,141
S6	TI (health* N2 promot*)	Search modes - Find all my search terms	7,557
S7	TI (((Health* OR wellbeing OR well-being) AND (promot* OR improv* OR increase* OR need# OR encourag* OR living OR chang* OR lifestyle OR life-style) AND (service# OR program* OR strateg* OR intervention#)))	Search modes - Find all my search terms	7,540
S8	S4 OR S5 OR S6 OR S7	Search modes - Find all my search terms	47,031
S9	S3 AND S8	Search modes - Find all my search terms	1,069
S10	AB (((men OR boys OR male#) N3 (Health* OR wellbeing OR well-being) N3 (promot* OR improv* OR increase* OR need# OR encourag* OR living OR chang* OR lifestyle OR life-style) AND (service# OR program* OR strateg* OR intervention#)))	Search modes - Find all my search terms	687
S11	S9 OR S10	Search modes - Find all my search terms	1,599
S12	((DE "Qualitative Methods" OR DE "Coding Scheme" OR DE "Content Analysis" OR DE "Ethnography" OR DE "Focus Group" OR DE "Grounded Theory" OR DE "Interpretative Phenomenological Analysis" OR DE "Narrative Analysis" OR DE "Semi-Structured Interview" OR DE "Thematic Analysis") OR (DE "Interviews" OR DE "Focus Group Interview") OR (TI (interview# OR "focus group#" OR experience# OR qualitative) OR AB (interview# OR "focus group#" OR "experiences")) OR (AB (qualitative N2 (stud* OR research OR analy* OR synthes* OR systematic OR review OR data))) OR (meta-synthes#s OR metasynthes#s OR meta-ethnograph*) OR KW (experience# OR interview* OR qualitative))	Search modes - Find all my search terms	790,736
S13	S11 AND S12	Limiters - Publication Year: 2004-2024; Language: English, German	541
S14	TI ((hiv N1 prevent*) OR "sexual health" OR "pre-exposure prophylaxis" OR "PrEP" OR "Safe# Sex" OR (violence N2 prevent*) OR "screening")	Search modes - Find all my search terms	30,979

#	Query	Limiters/Expanders	Results
S15	S13 NOT S14	Search modes - Find all my search terms	486

4. List of excluded studies

Ineligible study design

1. Abotsie G, Kingerlee R, Fisk A, Watts S, Cooke R, Woodley L, et al. The men's wellbeing project: Promoting the well-being and mental health of men. *Journal of Public Mental Health*. 2020;19(2):179–89. DOI: 10.1108/JPMH-03-2020-0014.
2. Ballinger ML, Talbot LA, Verrinder GK. More than a place to do woodwork: A case study of a community-based men's shed. *Journal of Men's Health*. 2009;6(1):20–7. DOI: 10.1016/j.jomh.2008.09.006.
3. Di Bianca M, Mahalik JR. A relational-cultural framework for promoting healthy masculinities. *American Psychologist*. 2022;77(3):321–32. DOI: 10.1037/amp0000929.
4. Dunlop WL, Beauchamp MR. Birds of a feather stay active together: A case study of an all-male older adult exercise program. *Journal of Aging and Physical Activity*. 2013;21(2):222–32.
5. Feinstein BA, Dodge B, Korpak AK, Newcomb ME, Mustanski B. Improving the health of cisgender men who identify as bisexual: What do they want from interventions? *Sexuality Research & Social Policy: A Journal of the NSRC*. 2019;16(3):385–91. DOI: 10.1007/s13178-019-0380-2.
6. Lohan M, Aventin Á, Oliffe JL, Han CS, Bottorff JL. Knowledge translation in men's health research: Development and delivery of content for use online. *Journal of Medical Internet Research*. 2015;17(1). DOI: 10.2196/jmir.3881.
7. Milligan C, Payne S, Bingley A, Cockshott Z. Place and wellbeing: shedding light on activity interventions for older men. *Ageing & Society*. 2015;35(1):124–49. DOI: 10.1017/S0144686X13000494.
8. Seaton CL, Bottorff JL, Oliffe JL, Jones-Bricker M, Caperchione CM, Johnson ST, et al. Acceptability of the POWERPLAY program: A workplace health promotion intervention for men. *American Journal of Men's Health*. 2017;11(6):1809–22. DOI: 10.1177/1557988317728354.
9. Smith JA, Robertson S. Men's health promotion: A new frontier in Australia and the UK? *Health Promotion International*. 2008;23(3):283–9. DOI: 10.1093/heapro/dan019.
10. Taylor J, Cole R, Kynn M, Lowe J. Home away from home: Health and wellbeing benefits of men's sheds. *Health Promotion Journal of Australia*. 2018;29(3):236–42. DOI: 10.1002/hpja.15.
11. Witty K, White A. Tackling men's health: implementation of a male health service in a rugby stadium setting. *Community Practitioner*. 2011;84(4):29–32.

Ineligible document type

1. Guarnero PA. Health promotion behaviors among a group of 18-29 year old gay and bisexual men. *Communicating Nursing Research*. 2006;39:298–.

Ineligible study population

1. Cramer H, Horwood J, Payne S, Araya R, Lester H, Salisbury C. Do depressed and anxious men do groups? What works and what are the barriers to help seeking? *Primary Health Care Research and Development*. 2014;15(3):287–301. DOI: 10.1017/S1463423613000297.
2. Drummond M, Drummond C. My dad's a 'barbie' man and my mum's the cooking girl. *Journal of Child Health Care*. 2015;19(3):279–92. DOI: 10.1177/1367493513508846.
3. Exner-Cortens D, Wright A, Van Bavel M, Sitter KC, Hurlock D, Carter R, et al. 'To be a guy is to be human': Outcomes of the WiseGuyz program through photo-based evaluation. *Health Promotion Practice*. 2021;22(5):659–69. DOI: 10.1177/1524839920976382.
4. Hansji NL, Wilson NJ, Cordier R. Men's sheds: Enabling environments for Australian men living with and without long-term disabilities. *Health & Social Care in the Community*. 2015;23(3):272–81. DOI: 10.1111/hsc.12140.
5. Lewis S, Thomas SL, Hyde J, Castle DJ, Komesaroff PA. A qualitative investigation of obese men's experiences with their weight. *American Journal of Health Behavior*. 2011;35(4):458–69. DOI: 10.5993/AJHB.35.4.8.
6. MacDonald TM. Factors that influence overweight and obese men's participation in healthy eating, exercise, and weight management programs: ProQuest Information & Learning; 2013. Available from: <https://widgets.ebscohost.com/prod/customlink/hanapi/hanapi.php?profile=4dfs1q6ik8Gkxpmi19PnxO2T6eHNp8TbINXnk%2BHE5sfk3JDexvJ45%2FJ3dalx%2BTckKU%3D&DestinationURL=https%3a%2f%2fsearch.ebscohost.com%2flogin.aspx%3fdirect%3dtrue%26db%3dpsyh%26AN%3d2013-99140-168%26site%3dehost-live>.
7. Swann C, Telenta J, Draper G, Liddle S, Fogarty A, Hurley D, et al. Youth sport as a context for supporting mental health: Adolescent male perspectives. *Psychology of Sport and Exercise*. 2018;35:55–64. DOI: 10.1016/j.psychsport.2017.11.008.

Ineligible topic

1. Crawshaw P, Newlove C. Men's understandings of social marketing and health: Neo-liberalism and health governance. *International Journal of Men's Health*. 2011;10(2):136–52. DOI: 10.3149/jmh.1002.136.
2. Gast J, Peak T. 'It used to be that if it weren't broken and bleeding profusely, I would never go to the doctor': Men, masculinity, and health. *American Journal of Men's Health*. 2011;5(4):318–31. DOI: 10.1177/1557988310377926.

3. Handlovsky I, Bungay V, Johnson J, Oliffe J. Overcoming adversity: A grounded theory of health management among middle-aged and older gay men. *Sociology of Health & Illness*. 2020;42(7):1566–80. DOI: 10.1111/1467-9566.13145.
4. Kirwan L, Lambe B, Carroll P. An investigation into the partnership process of community-based health promotion for men. *International Journal of Health Promotion & Education*. 2013;51(2):108–20. DOI: 10.1080/14635240.2012.750074.
5. Pringle A. Can watching football be a component of developing a state of mental health for men? *Journal of the Royal Society for the Promotion of Health*. 2004;124(3):122–8. DOI: 10.1177/146642400412400313.
6. Sims-Gould J, Ahn R, Li N, Ottoni CA, Mackey DC, McKay HA. 'The social side is as important as the physical side': Older men's experiences of physical activity. *American Journal of Men's Health*. 2018;12(6):2173–82. DOI: 10.1177/1557988318802691.
7. Sloan C, Gough B, Conner M. Healthy masculinities? How ostensibly healthy men talk about lifestyle, health and gender. *Psychology & Health*. 2010;25(7):783–803. DOI: 10.1080/08870440902883204.
8. van Nassau F, Huis A, van de Glind I, Andersen E, Bunn C, Gray CM, et al. Factors influencing the implementation of the EuroFIT lifestyle change program in professional football clubs in Europe: A qualitative study in four European countries. *Translational Behavioral Medicine*. 2023;13(4):212–25. DOI: 10.1093/tbm/ibac100.
9. Wilson NJ, Cordier R, Whatley LW. Older male mentors' perceptions of a Men's Shed intergenerational mentoring program. *Australian Occupational Therapy Journal*. 2013;60(6):416–26. DOI: 10.1111/1440-1630.12090.

Ineligible outcome

1. Bergin N, Richardson N. 'Sheds for Life': getting the balance right in delivering health promotion through Sheds in Ireland. *Health Promotion International*. 2021;36(3):605–15. DOI: 10.1093/heapro/daaa082.
2. Björklund E, Wright J. Gender and evolutionary theory in workplace health promotion. *Health Education Journal*. 2017;76(8):893–905. DOI: 10.1177/0017896917722372.
3. Lozano-sufrategui L, Carless D, Pringle A, Sparkes A, McKenna J. 'Sorry mate, you're probably a bit too fat to be able to do any of these': Men's experiences of weight stigma. *International Journal of Men's Health*. 2016;15(1):4–23.
4. McGrath A, Murphy N, Richardson N. 'Sheds for Life': Delivering a gender-transformative approach to health promotion in Men's Sheds. *Health Promotion International*. 2022;37(6):1–14. DOI: 10.1093/heapro/daac150.

Ineligible setting

1. Wolstenholme C. Male undergraduate students' perceptions of male student mental health: ProQuest Information & Learning; 2023. Available from: <https://widgets.ebscohost.com/prod/customlink/hanapi/hanapi.php?profile=4dfs1q6ik8Gkxpmi19PnxO2T6eHNp8TbINXnk%2BHE5sfk3JDexvJ45%2FJ3dalx%2BTckKU%3D&DestinationURL=https%3a%2f%2fsearch.ebscohost.com%2flogin.aspx%3fdirect%3dtrue%26db%3dpsych%26AN%3d2023-93852-177%26site%3dehost-live>.