

Additional file 5: Critical appraisal results

Table 1 Critical appraisal results of qualitative studies

[illegible]

Qualitative categories ✓ = criterion met X = criterion not met (?) = criterion unclear	Amler et al. (2019)	Barbeau et al. (2004)	Benning et al. (2022)	Cagno et al. (2016)	Champoux and Brun (2003)	Holt and Powell (2015)	Kvorning et al. (2015)	Masi and Cagno (2015)	Masi et al. (2014)	Micheli and Cagno (2008)	Micheli et al. (2018)	Pavlista et al. (2018)	Stynen et al. (2023)	Zimber et al. (2024)
10. Do the conclusions drawn in the research report flow from the analysis, or interpretation, of the data?	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Critical appraisal percentage	70%	70%	70%	70%	70%	70%	80%	70%	80%	70%	70%	80%	70%	90%

Table 2 Critical appraisal results of quantitative studies

Quantitative categories ✓ = criterion met X = criterion not met	Amler et al. (2019)	Benning et al. (2022)	Coppens et al. (2023)	Garnica and Barriga (2018)	Micheli et al. (2018)	Nowrouzi et al. (2016)
1. Were the criteria for inclusion in the sample clearly defined?	✓	✓	✓	✓	✓	✓
2. Were the study subjects and the setting described in detail?	✓	✓	✓	✓	X	✓
3. Was the exposure measured in a valid and reliable way?	✓	✓	✓	✓	✓	✓
4. Were objective, standard criteria used for measurement of the condition?	✓	✓	✓	✓	✓	✓
5. Were confounding factors identified?	X	X	X	X	X	✓
6. Were strategies to deal with confounding factors stated?	X	X	X	X	X	✓
7. Were the outcomes measured in a valid and reliable way?	✓	✓	✓	✓	✓	✓
8. Was appropriate statistical analysis used?	✓	✓	✓	✓	✓	✓
Critical appraisal percentage	75%	75%	75%	75%	63%	100%