

Additional file 2 – Quality Assessment form

Quality Assessment - Article:

(Yes = 2 points; Partly = 1 point; No / Unclear = 0 points; ETE = education, training, and exercise).

Good = $\geq 2/3$ of max score, moderate = $1/3 \geq$ max score $> 2/3$, bad = $< 1/3$ score

Part 1 - Training (Based on the Youth Department Council of Europe. Quality standards in education and training activities of the Youth Department of the Council of Europe. DDCP-YD/ETD (2016); 202.) :

1. A needs assessment among the target population is conducted before the ETE.
Yes / Partly / No / Unclear, Comments:
2. Concrete, achievable and assessable ETE objectives are stated.
Yes / Partly / No / Unclear, Comments:
3. A competent team of trainers and facilitators guided the training (Content and facilitating experience).
Yes / Partly / No / Unclear, Comments:
4. Adequate recruitment and selection of participants took place (representatives, motivated).
Yes / Partly / No / Unclear, Comments:
5. A clear description of training methods is provided (what, where, how, why).
Yes / Partly / No / Unclear, Comments:
6. A thorough process of evaluation has been conducted. (Pre-, post-, and follow-up test > 1 month, Partly = two of the three tests.)
Yes / Partly / No / Unclear, Comments:

Endscore training: **Label:** good / moderate / bad

Part 2 - Study (Based on the National Institute for Health and Care Excellence (NICE). Methods for the development of NICE public health guidance (third edition). NICE 2012.) :

7. The context of the training is clearly described (domain and setting (local/regional/national)).

Yes / Partly / No / Unclear, Comments:

8. The research design is defensible rigorous (precision of planning, data collection, analysis, and reporting).

Yes / Partly / No / Unclear, Comments:

9. The analysis valid (does it measure what it aims to measure?).

Yes / Partly / No / Unclear, Comments:

10. The findings are convincing & relevant to the aims of the study (Yes = both, Partly = 1 of 2 or both partly).

Yes / Partly / No / Unclear, Comments:

11. Conclusions are plausible and coherent (Yes = both, Partly = 1 of 2 or both partly).

Yes / Partly / No / Unclear, Comments:

12. Implications are stated, and limitations encountered. (Yes = both, Partly = 1 of 2 or both partly)

Yes / Partly / No / Unclear, Comments:

Endscore Study:**Label:** good / moderate / bad