

Supplementary Table 1: Quality appraisal of the selected studies

| Question/study | Dassah, Aldersey, McColl & Davinson, 2019 | Mathibe, Hendricks & Bergh, 2015 | Makhado, Davhana-Maselesel & Farley, 2018 | Lateef & Mhlongo, 2021 | Tshililo, Mangena-Netshikweta, Nemathaga & Maluleke, 2019 | Shihundla, Lebesa & Maputle, 2016 | Meintjes, 2018 | Nesengani, Downing, Poggenpoel & Stein, 2019 | Nemathaga, Maputle, Makhado & Mashau (2024) |
|---|--|---|--|-----------------------------------|--|--|-----------------------|---|--|
| 1. Was a clear statement of the aims of the research? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 2. Was a qualitative methodology appropriate? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 3. Was the research design appropriate to address the aims of the research? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| 4. Was the recruitment strategy appropriate to the aims of the research? | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes | No |

