Appendix 5 – Tidier checklist results.

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| --- | --- |
| Study | Criteria |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | Score |
| Ackerman et al. 2012 [57] | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 7 |
| Aglamis et al. 2008 [39] | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 7 |
| Broderick et al. 2014 [56] | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 11 |
| Brosseau et al. 2012 [40] | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 11 |
| Buszewicz et al. 2006 [41] | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 4 |
| Cadmus et al. 2010 [42] | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 6 |
| Coleman et al. 2012 [43] | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 10 |
| Debbi et al. 2011 [44] | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 10 |
| Doi et al. 2008 [45] | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 10 |
| Ebnezar et al. 2011 [46] | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 8 |
| Hsieh et al. 2012 [47] | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 9 |
| Hunt et al. 2013 [59] | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 11 |
| Kao et al. 2012 [48] | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 8 |
| Lee et al. 2009 [49] | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 6 |
| Marconcin et al. 2017 [61] | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 8 |
| Odole et al. 2014 [50] | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 6 |
| O’Moore et al. 2017 [60] | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 9 |
| Rejeski et al. 2002 [51] | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 10 |
| Ren et al. 2015 [52] | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 8 |
| Skou et al. 2015 [53] | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 11 |
| Thorstensson et al. 2005 [54] | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 10 |
| Trc et al. 2011 [55] | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 6 |
| Victor et al. 2005 [58] | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 8 |

Criteria

1. Brief name: Provide the name or a phrase that describes the intervention. Yes = 1; No = 0

2. Why: Describe any rationale, theory, or goal of the elements essential to the intervention. Yes = 1; No = 0

3. What (materials): Describe any physical or informational materials used in the intervention, including those provided to participants or used in intervention delivery or in training of intervention providers. Provide information on where the materials can be accessed (for example, online appendix, URL). Yes = 1; No = 0

4. What (procedures): Describe each of the procedures, activities, and/or processes used in the intervention, including any enabling or support activities. Yes = 1; No = 0

5. Who provided: For each category of intervention provider (for example, psychologist, nursing assistant), describe their expertise, background and any specific training given Yes = 1; No = 0

6. How: Describe the modes of delivery (such as face to face or by some other mechanism, such as internet or telephone) of the intervention and whether it was provided individually or in a group. Yes = 1; No = 0

7. Where: Describe the type(s) of location(s) where the intervention occurred, including any necessary infrastructure or relevant features. Yes = 1; No = 0

8. When and how much: Describe the number of times the intervention was delivered and over what period of time including the number of sessions, their schedule, and their duration, intensity or dose. Yes = 1; No = 0

9. Tailoring: If the intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how. Yes = 1; No = 0

10. Modifications: If the intervention was modified during the course of the study, describe the changes (what, why, when, and how). Yes = 0; No = 1

11. How well (planned): If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them. Yes = 1; No = 0

12. How well (actual): If intervention adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned. Yes = 1; No = 0