**Supplementary Table 3:** Scoring system adapted from the Juni scoring criteria

**Method of quality assessment.** To qualify as “high quality” needed 2 or more of the following:

|  |  |
| --- | --- |
| Criterion 1: Methods to minimize bias  Any of the following | * Used an intention to treat analysis * Achieved an attrition rate < 20% * Compared characteristics of completers and non-completers |
| Criterion 2: Methods clearly describe translation  Included 4+ of the following | * description of the process of designing the program * description of the enrollment process * documentation of session attendance, reporting costs and/or resource inputs * documentation of the training process or qualifications of personnel * description of the qualitative feedback from participants or providers |
| Criterion 3: presence of a control group | * had an arm of randomized, matched, or unmatched comparison |