

Annex 4

QualSyst consists of two separate checklists:

- Quantitative Studies (14 Criteria)
- Qualitative Studies (10 Criteria)

Each criterion is scored on a scale (0, 1, 2) based on the degree to which the study meets it. The total score is converted into a percentage, with a higher score indicating better quality.

1. QualSyst Checklist for Quantitative Studies (14 Criteria)

Each criterion is scored as:

2 = Fully met

1 = Partially met

0 = Not met

Criteria

- Research question clearly stated
- Study design appropriate to research question
- Subject selection unbiased
- Sample size justified
- Description of methods clear and reproducible
- Validity and reliability of measurement tools
- Outcome measures appropriate
- Confounders controlled
- Statistical methods appropriate
- Results reported appropriately
- Conclusions supported by results
- Funding sources disclosed
- Ethical considerations reported
- Overall study quality

Final Score = (Sum of scores / Maximum possible score) × 100

Studies with scores below 60% are excluded from this review.

2. QualSyst Checklist for Qualitative Studies (10 Criteria)

Criteria

- Research question clearly defined
- Study design suitable for research question
- Data collection method appropriate
- Sampling strategy described and justified
- Data analysis method transparent
- Interpretation of results credible

- Theoretical framework explicitly stated
- Reflexivity (researcher bias) addressed
- Ethical considerations disclosed
- Overall study quality

Final Score = (Sum of scores / Maximum possible score) \times 100

Studies with scores below 60% are excluded from this review.