

Table 1: Research Design of the 67 Studies

Research Approach	Study Design (Reference)	Counts	<i>N</i> (<i>n</i> = 67)
Quantitative			63 (94%)
	Cross-sectional ^{22,26,31,32,34,35,39-41,45,46,52,54,56,58-60,67,69,71-73,75-77}	25	
	Randomized controlled trial ^{17,23,25,30,36,43,47-49,57,63,65,74}	13	
	Pre-test, post-test with no control group ^{11,15,18,19,28,38,42,66,68}	9	
	Quasi-experimental ^{12-14,24,33,33,50,51,55,62,64}	11	
	Secondary analysis ^{20,27,37,44}	4	
	Observational study ²¹	1	
Qualitative			1 (1.5%)
	Descriptive analysis ¹⁶	1	
Mixed-methods			3 (4.5%)
	Convergent mixed-methods ²⁹	1	
	Explanatory mixed-methods ⁷⁰	1	
	Sequential mixed-methods ⁵³	1	