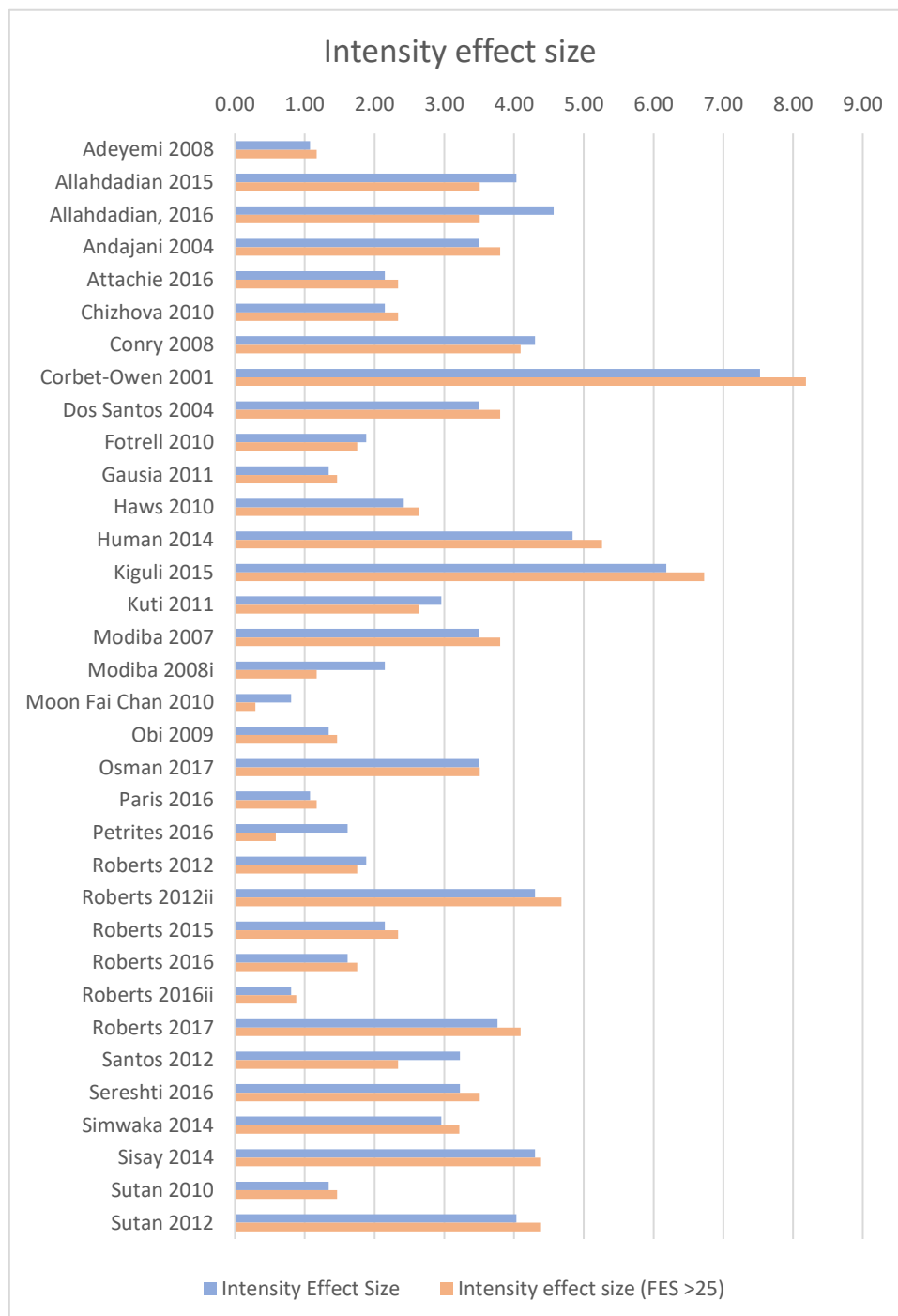**Appendix S5.** Intensity Effect Sizes of included studies

Sandelowski's meta-summary approach[1,2] was used for quantitative aggregation of qualitative and quantitative findings. Effect size calculations add a quantitative 'weight' to each finding and to each study.

The frequency effect size (FES) of each finding reflects the relative magnitude of an abstracted finding within the included studies, by answering the question 'in how many studies does this finding appear?'. Calculation = 'number of reports containing a finding/total number of reports'.

The intensity effect size (IES) reflects the impact of each study and how much it contributed to the final set of findings by defining the number of findings within it, it is also reported separately for findings with an FES of >25. Calculation = 'number of findings in that report/number of findings in all reports' or 'number of findings with FES >25 in that report/number of findings with FES >25 in all reports'

1   Sandelowski M, Barroso J, Voils C. Using Qualitative Metasummary to Synthesize Qualitative and Quantitative Descriptive Findings. *Res Nurs Heal* 2007; **30**: 99–111.

2   Sandelowski M, Barroso J. Creating Metasummaries of Qualitative Findings. *Nurs Res* 2003; **52**: 226–33.