Additional file 2 – Quality Assessment form

Quality Assessment - Article: ..........................................................
(Yes = 2 points; Partly = 1 point; No / Unclear = 0 points; ETE = education, training, and exercise).
Good = ≥2/3 of max score, moderate = 1/3 ≥ max score >2/3, bad = < 1/3 score

**Part 1 - Training** (Based on the Youth Department Council of Europe. Quality standards in education and training activities of the Youth Department of the Council of Europe. DDCP-YD/ETD (2016); 202.)

1. A needs assessment among the target population is conducted before the ETE.
   Yes / Partly / No / Unclear, Comments: ..................................................

2. Concrete, achievable and assessable ETE objectives are stated.
   Yes / Partly / No / Unclear, Comments: ..................................................

3. A competent team of trainers and facilitators guided the training (Content and facilitating experience).
   Yes / Partly / No / Unclear, Comments: ..................................................

4. Adequate recruitment and selection of participants took place (representatives, motivated).
   Yes / Partly / No / Unclear, Comments: ..................................................

5. A clear description of training methods is provided (what, where, how, why).
   Yes / Partly / No / Unclear, Comments: ..................................................

6. A thorough process of evaluation has been conducted. (Pre-, post-, and follow-up test > 1 month, Partly = two of the three tests.)
   Yes / Partly / No / Unclear, Comments: ..................................................

   **Endscore training:** ............................................................... **Label:** good / moderate / bad
Part 2 - Study (Based on the National Institute for Health and Care Excellence (NICE). Methods for the development of NICE public health guidance (third edition). NICE 2012.):

7. The context of the training is clearly described (domain and setting (local/regional/national)).
   Yes / Partly / No / Unclear, Comments: ..............................................

8. The research design is defensible rigorous (precision of planning, data collection, analysis, and reporting).
   Yes / Partly / No / Unclear, Comments: ..............................................

9. The analysis valid (does it measure what it aims to measure?).
   Yes / Partly / No / Unclear, Comments: ..............................................

10. The findings are convincing & relevant to the aims of the study (Yes = both, Partly = 1 of 2 or both partly).
    Yes / Partly / No / Unclear, Comments: ..............................................

11. Conclusions are plausible and coherent (Yes = both, Partly = 1 of 2 or both partly).
    Yes / Partly / No / Unclear, Comments: ..............................................

12. Implications are stated, and limitations encountered. (Yes = both, Partly = 1 of 2 or both partly)
    Yes / Partly / No / Unclear, Comments: ..............................................

Endscore Study: .............................................................Label: good / moderate / bad