

Table S1. The characteristics of studies included in the review

Author(s) and year	Country	Study design	Study setting	Study goal/objectives	Target population	Sample size	Outcomes measured	Measurement instruments	Results

Table S2. The characteristics of interventions in included studies

Author(s) and year	Theoretical frameworks	Mode of delivery	Format (Individual, group)	Intervention providers	Intervention contents	Strengths used in the intervention	Intervention duration and frequency	Tailoring	Outcomes ( <i>p</i> < 0.05)