

Table 2 Design characteristics and rank score of studies included in the systematic review (n = 31)

Study	Clear study aims	Adequate sample size	Representative sample	Clear inclusion & exclusion criteria	Measure of mental health valid and reliable	Response rate reported and losses given	Adequate description of data	Appropriate statistical analysis	Appropriate informed consent procedure	Total score
Asltoghiri et al.	1	1	1	0	1	1	0	1	1	7
Abdollahzade Rafi et al.	1	1	1	1	1	1	0	1	1	8
Shahmiri et al.	1	1	1	0	1	1	0	1	0	6
Pazandeh et al.	1	1	1	1	1	1	1	1	0	7
Omidvar et al.	1	1	1	0	1	1	1	1	0	7
Mossalanejad et al.	1	1	1	0	1	1	1	1	0	7
Ghasemi et al.	1	1	1	1	1	1	1	1	1	9
Salmalian et al.	1	1	1	1	1	0	1	1	0	7
Sadeghi et al.	1	0	1	0	1	1	1	1	0	6
Nazari et al.	1	1	1	0	1	1	0	1	1	7
Babanazari et al.	1	1	1	1	1	1	1	1	1	9
Garrusi et al.	1	1	1	1	1	1	0	1	0	7
Parsaie Rad et al.	1	0	1	1	1	1	1	0	1	7
Forouzandeh et al.	1	1	1	1	1	0	1	1	1	8
Mortazavi et al.	1	1	1	1	1	1	1	1	0	8
Moshki et al.	1	1	1	1	1	1	1	1	0	8
Kheirabadi et al.	1	1	1	1	1	1	0	1	1	8
Shishegar et al.	1	1	1	1	1	1	0	1	1	8
Abbaszadeh et al.	1	1	1	1	1	1	1	1	0	8
Baghi et al.	1	0	1	1	1	1	1	1	0	7
Rabeipour et al.	1	1	1	1	1	1	1	1	0	8
Rezaee et al.	1	1	1	1	1	1	0	1	1	8
Hosaynisazi et al.	1	1	1	1	1	1	1	0	1	8
Hosseini Nasab et al.	1	0	1	1	1	1	0	1	1	8
Zareipour et al.	1	1	0	1	1	1	1	0	0	6
Enayati et al.	1	0	1	1	1	1	0	0	1	6
Zarei et al.	1	0	1	1	1	1	1	1	1	8
Amanat et al.	1	0	1	1	1	1	1	1	1	8
Bondad et al.	1	1	1	1	1	1	0	1	1	8
Lalooei et al.	1	1	1	1	1	1	1	0	1	8
Modabernia et al.	1	0	1	1	1	1	1	0	1	7

In the overall assessments, the mean quality assessment score for the selected studies was 7.48 out of 9.