

### Supplementary Table S1. Design of Articles

Type of article	<i>N</i> = 14	% of sample
Empirical	11	78.6
Conceptual	3	21.4
Theoretical construct		
Mf	10	71.4
SC	2	14.3
Mf + SC	2	14.3
Design of empirical studies	<i>n</i> = 11	% of sample
Quantitative	6	54.5
Cross-sectional	3	27.3
Longitudinal	2	18.2
Intervention longitudinal	1	9.1
Qualitative	3	27.3
Intervention	1	9.1
Intervention longitudinal	1	9.1
Case study	1	9.1
Mixed method	2	18.2
Intervention case study	1	9.1
Intervention longitudinal	1	9.1
Data*		
Interviews	3	27.3
Questionnaire	7	63.6
Multiple methods		
Interviews + questionnaire	1	9.1
Target population		
Only coaches**	9	81.8
Both coaches and athletes	2	18.2

\*One MM-study reported the questionnaires used but not how the qualitative data was collected \*\* One intervention study did target both coaches and athletes in the same intervention however, reported only coaches' perceptions in the study included in this review.