

	Study	Context	Country	Design	Method	Sample	Selection/allocation	Instruments¹
1	Abakay, 2013	Sports	Turkey	Cross-sectional	Quantitative	728 youth (284 females, 444 males)	Random selection	Communication Skills Assessment Scale (Korkut, 1996)
2	Agans and Geldhof, 2012	Sports	USA	Longitudinal-observational	Quantitative	710 youth (68.7% females, grade 10 to 12) and their parents	Not specified	The Profiles of Student Life-Attitudes and Behaviors (Benson et al., 1998) survey and the Teen Assessment Project (Small & Rodgers, 1995) survey question bank
3	Akelaitis and Malinauskas, 2016	PE	Lithuania	Experimental	Quantitative	51 students of grade 9 (28 females, 23 males)	Random serial sampling	Bulotaite and Gudznsciene (2003) communication skills questionnaire, Social Skills Rating System Gresham & Elliott, 1990), Snaider's social self-control evaluation methods (Rajgorodskij, 2000), Subjective social adaptation scale (Legkauskas, 2000)
4	Aksoy and Gürsel, 2017	PE	Turkey	Action research	Qualitative	30 students of grade 9 (29 females, 1 male) of which 6 focus students and 1 teacher acting as a researcher	Purposeful sampling (focus students)	Students activity reflections, video recordings, and semi-structured interviews
5	Allen et al., 2015	Sports	UK	Cross-sectional	Qualitative	18 males (aged 12 to 13)	Purposeful sampling and random selection	Semi-structured interviews
6	Anderson-Butcher et al., 2013	Sports	USA	Pre-test, post-test, no control	Mixed	193 youth (43.5% females, aged 9 to 16, Mage = 11.93, SD = 1.64)	Not specified	Perceived Social Competence Scale (Anderson-Butcher et al., 2008) and site observations

7	Anderson-Butcher et al., 2014	Sports	USA	Pre-test, post-test, no control	Quantitative	287 youth (118 females, 169 males, aged 9 to 16, Mage = 11.85, SD = 1.54)	Not specified	Modified version of the Perceived Social Competence Scale (Anderson-Butcher et al., 2008), The commitment subscale of the Multidimensional Sportspersonship Orientations Scale (Vallerand et al., 1997), The Teamwork Scale (Anderson-Butcher et al., 2010), Social responsibility using three items that measure participants' thoughts about helping others in their community (Anderson-Butcher et al., 2010)
8	Baena-Extremera et al., 2012	PE	Spain	Quasi-experimental	Quantitative	125 students (66 females, 59 males, aged 15 to 16, Mage = 15.67, SD = .71)	Non-equivalent control group, random allocation of pre-existing groups	Spanish version (Moreno, González-Cutre, & Sicilia, 2007) of the Social Goal Scale Physical Education of Guan, McBride, and Xiang (2006)
9	Bean and Forneris, 2016	Sports	Canada	Cross-sectional	Quantitative	377 youth (225 females, 152 males, aged 9 to 18, Mage = 14.19, SD = 2.15)	Not specified	Youth Program Quality Assessment, Youth Program Quality Survey (Silliman and Schumm, 2013) and Positive Youth Development Inventory-Short (Arnold et al., 2012)
10	Bean, Whitley and Gould, 2014	Sports	USA	Cross-sectional	Qualitative	23 youth (13 females, 10 males, aged 10 to 18, Mage = 13.83 (2.61))	Participants volunteered. Participants from each age group were interviewed.	Semi-structured interviews
11	Bignold, 2013	Sports	Multiple countries	Case study	Mixed	148 unicycling riders of which 82 at the British meet (24% female, 19% under 11, 43% 11 to 19, 36% over 19) and 66 riders at the international meet (48% female, 5% under 11, 60% 11 to 19, 35% over 19)	Self-selection	Survey and focus groups

12	Bower and Carroll, 2015	Sports	Australia	Cross-sectional	Quantitative	107 high school students (57 females, 50 males, aged 12 to 17) of which 39 no ECA, 39 only Sports, 15 art, music or other cultural ECA, and 14 combination Sports/cultural	Not specified	Contextualized Assessment Tool for Risk and Protection Management
13	Bruening, Dover and Clark, 2009	Sports	USA	Case study	Qualitative	5 'preadolescent girls of colour' (aged 9 to 13) and their parents, and 3 co-investigators (all women)	Data was collected from 5 girls who participated in the programme. While 8 girls participated during that time, only 5 completed every stage of data collection.	Interviews, participant journals, researchers' reflective journals, team discussions
14	Bruner, Hall and Côté, 2011	Sports	Canada	Cross-sectional	Quantitative	212 male athletes (aged 14 to 17, Mage = 15.27, SD = 1.04) of which 129 basketball players (Mage = 14.97, SD = 0.95) and 83 middle-distance runners (Mage = 15.75, SD = 0.99)	Participants were initially contacted through coaches. If coaches were interested in having their athletes participate prospective participants were contacted.	Youth Experiences Survey 2.0 (Hansen and Larson, 2005), Survey composed from existing scales (Van der Vegt et al., 2001)
15	Burnett, 2015	Sports	South Africa	Cross-sectional	Mixed	309 youth (questionnaires) (164 females, 138 males, grade 6) and 176 youth (focus group sessions) (94 females, 82 males), 159 teachers (questionnaires) and 75 teachers (focus group sessions), interviews with 12 principals, 3 deputy principals, 5 cluster coordinators, and 15 school coordinators	Purposive quota sampling	Interviews, focus group sessions with teachers and learners, questionnaires and site observations
16	Camiré and Trudel, 2010	Sports	Canada	Cross-sectional	Qualitative	20 student athletes from four sports (10 females, 10 males, aged 13 to 17, Mage = 15.05)	Purposeful sampling	Interviews
17	Camiré and Trudel, 2013	Sports	Canada	Cross-sectional	Qualitative	9 male coaches (aged 23 to 52, Mage = 35) and 18 male students (aged 14 to 16, Mage = 15)	Purposeful sampling	Individual and focus group interviews

18	Camiré et al., 2009a	Sports	Canada	Cross-sectional	Qualitative	20 athletes (10 females 10 males, aged 13 to 17, Mage = 15.05)	Maximum variation purposeful sampling technique	Interviews
19	Camiré et al., 2009b	Sports	Canada	Cross-sectional	Qualitative	20 parents (12 females, 8 males) who had at least one child participating in high school sports. Their children were aged 13 to 17 (14 males, 6 females)	Purposeful sampling	Interviews
20	Choi et al., 2015	Sports	Korea	Cross-sectional	Qualitative	6 mentees (2 girls, 4 boys, aged 10 to 12) and their mentors (2 female, 4 male, aged 21 to 29)	Purposeful sampling	Open-ended questionnaires, individual interviews, reflective journal entries by mentors, and observation of mentoring sessions
21	Cortese, 2013	Sports	Italy	Cross-sectional	Mixed	589 male soccer players (aged 8 to 20, Mage = 13.42, SD = 3.89), of which 299 professional and 290 amateur players.	Data was collected from all the athletes belonging to the youth sections of two Italian football clubs.	Focus groups
22	Cryan and Martinek, 2017	Sports	USA	Mixed	Mixed	14 male students (aged 11 to 12), 1 programme director, 6 programme staff (students from local university) and 10 sixth grade classroom teachers	The classroom teachers recommended students who exhibit risk behaviours.	Personal and Social Responsibility Questionnaire (Li et al., 2008), field notes and post programme focus group-type interviews
23	DeBate and Bleck, 2016	Sports	USA	Pre-test, post-test, no control	Quantitative	384 third to fifth grade girls	Programme participants were recruited via self-selection into the programme.	Survey created using items of existing questionnaires including: The Peer Relations Questionnaire Short Version (Rigby and Slee 1993), the Bullying Behaviour Scale (Austin and Joseph 1996), the Perceived Competence Scale for Children (including social competence) (Harter 1982), the Youth Experiences Survey 2.0 (Hansen and Larson 2005), the Eisenberg Sympathy Scale (Eisenberg et al. 1996)
24	Draper and Coalter, 2016	Sports	South Africa	Cross-sectional	Qualitative	10 males (aged 11 to 20)	Purposeful selection	Semi-structured interviews

25	Driska et al., 2017	Sports	USA	Longitudinal-observational	Mixed	70 wrestlers (1 female, 69 males, aged 14 to 18), of which 8 (1 female, 7 males) purposively selected for interviews, programme staff and programme founder	Purposeful selection for additional interview	The Athletic Coping Skills Inventory-28 (Smith et al., 1995), The State Hope Scale (Snyder et al., 1996), interviews and observations
26	Escartí et al., 2010a	PE	Spain	Quasi-experimental	Mixed	42 students (20 females, 22 males, aged 11 to 12), of which 21 intervention group (10 females, 11 males) and 21 control group (9 females, 12 males), and the intervention group PE teacher	Not specified	Semi-structured interview
27	Escartí et al., 2010b	PE	Spain	Mixed	Mixed	30 adolescents (7 females, 23 males, aged 13 to 14, Mage = 13.20, SD = 0.40), of which 15 intervention group (3 females, 12 males) and 15 control group (4 females, 11 males), and 5 teachers	Random allocation of groups	Interviews
28	Ferguson and Shapiro, 2016	Sports	USA	Longitudinal-observational, (multiple-baseline across skills)	Quantitative	6 children (aged 8 to 12) and parents	Not specified	Survey including the Social Skills Improvement System-Rating Scale (Gresham & Elliott, 2008), the Self-Perception Profile for Children (Harter, 1985), sportsmanship skills
29	Fernández-Río and Suarez, 2016	PE	Spain	Cross-sectional	Qualitative	26 students (12 females, 14 males, aged 11 to 12, M age = 11.4, SD = 0.6)	Not specified	Questionnaire
30	Findlay and Coplan, 2008	Sports	Canada	Longitudinal-observational	Quantitative	355 children at Time 1 (174 females, 181 males) and 201 children at Time 2 (105 females, 96 males) (at Time 1 aged 8.9 to 11.8, Mage = 10.1, SD = 0.6), and parents	Participants were recruited from public elementary schools.	Social Skills Rating Scale (Gresham and Elliot, 1990)

31	Folleteo et al., 2016	PE	Brazil	Pre-test, post-test, no control	Mixed	16 children (8 females, 8 males, aged 6 to 8), parents and classroom teacher	Intentional selection	the Pictorial Scale of Perceived Competence and Social Acceptance for Young Children (Harter and Pike, 1984), semi-structured interviews
32	Foneris et al., 2015	Sports	Canada	Cross-sectional	Quantitative	239 high school students (57% female, aged 14 to 18), of which 87 only sports, 24 extracurricular activities other than sports, 85 both sports and other extracurricular activities, and 43 no involvement in any extracurricular activities	Participants were recruited throughout high schools.	Questionnaire, including Developmental Assets Profile (Search Institute, 2008)
33	Fraser-Thomas and Côte, 2009	Sports	Canada	Cross-sectional	Qualitative	22 swimmers (17 females, 5 males, aged 14 to 18 at time of competing, Mage = 16.6, SD = 1.5), of which 10 engaged and 12 dropout swimmers	Purposeful sampling	Semi-structured interviews
34	Fuller et al., 2013	Sports	USA	Longitudinal-observational	Qualitative	8 sixth to eight grade boys (aged 10 to 14), of which 6 completed the exit interview, and their parents	Typical case sampling	Semi-structured interviews
35	García-Calvo et al., 2016	PE	Spain	Quasi-experimental	Quantitative	777 students (400 females, 377 males, aged 12 to 16, Mage = 12.81, SD = 0.93), 20 PE teachers (aged 29 to 48, Mage = 35.2, SD = 2.32)	Purposeful selection	Questionnaire of Positive Behaviours in PE (Sanchez-Oliva et al., 2013), and a teacher adaptation of the CCPEF (Sanchez-Oliva et al., 2013)
36	García-López and Gutiérrez, 2015	PE	Spain	Pre-test, post-test, no control	Quantitative	154 youth (78 females, 76 males, aged 11 to 14) and 6 teachers (1 female, 5 males)	Not specified	The Empathy Questionnaire (Garaigordobil 2009), and The Children's Assertiveness Behaviour Scale (Michelson and Wood, 1982)
37	Gordon, 2010	PE	New Zealand	Mixed	Qualitative	93 students (aged 13 to 15), of which 46 intervention group and 47 control group, and 1 PE teacher	Purposeful sampling	Interviews, non-participant observations, and student reflection sheets

38	Gordon et al., 2016	Sports	USA	Cross-sectional	Qualitative	3 male middle-school students (aged 13 to 14), 1 principal, 1 assistant principal and 1 social worker from the middle-school, and 2 university students	Purposeful sampling	Interviews, TPSR fidelity checklist, and field notes
39	Gorucu, 2016	PE	Turkey	Experimental	Quantitative	48 secondary school senior year students, of which 24 intervention group and 24 control group	Random selection and random allocation of groups	Problem solving Inventory for Primary School Children (Serin et al., 2010)
40	Goudas and Giannoudis, 2008	PE	Greece	Experimental	Quantitative	130 students from sixth year elementary and second year junior high (Mage =12, SD = 0.5 and Mage 14, SD = 0.5), of which 69 intervention group and 61 control group	Not specified	Knowledge test: modified version developed by Papcharisis (2004), self-beliefs: modified version of a test developed by Papcharisis (2004)
41	Goudas and Giannoudis, 2010	PE	Greece	Cross-sectional	Qualitative	86 6th and 8th grade students (46 girls, 40 boys) and their PE teacher	Purposeful sampling	Students' interviews, field notes of participant observation and students' notebooks
42	Goudas and Magotsiou, 2009	PE	Greece	Quasi-experimental	Quantitative	114 sixth grade students, of which 57 intervention group (28 females, 29 males) and 57 control group (27 females, 30 males)	Not specified	Greek version of Multisource Assessment of Children's Social Competence (Magotsiou et al., 2006), Greek version of Feelings Toward Group Work scale (Goudas et al., 2009)
43	Guèvremont et al., 2014	Sports	Canada	Cross-sectional	Quantitative	3768 youth (51% males, aged 14 to 17)	Single population-based sampling	Canadian National Longitudinal Survey of Children and Youth
44	Gülay et al., 2010	PE	Turkey	Experimental	Quantitative	44 female ninth grade students, of which 22 intervention group and 22 control group	Purposive sampling and random selection	Social Skills Inventory (Riggio, 1989)
45	Hansen et al., 2010	Sports	USA	Cross-sectional	Quantitative	1782 11th grade students (55.8% female)	Stratified sampling	The Youth Experience Survey, 2.0 (YES) (Hansen & Larson, 2005)

46	Hardcastle et al., 2015	Sports	Australia	Cross-sectional	Qualitative	54 athletes (aged 13 to 18), of which 10 squashers, 8 softballers, 8 baseballers, 10 netballers, 8 triathlon athletes, and 8 surfers, and 8 parents, 4 lead facilitators of the programme, 4 coaches and 4 representatives	Opportunistic sampling	Focus groups and semi-structured interviews
47	Harrist and Witt, 2015	Sports	USA	Cross-sectional (phenomenological study)	Qualitative	31 female basketball players (aged 12 to 16, Mage = 14)	Not specified	Focus groups
48	Harwood et al., 2015	Sports	UK	Longitudinal-observational	Mixed	5 Under-13 players (Mage = 12.58, SD = 0.23), their parents (all male, Mage = 45.9, SD = 7.17) and their 38-year-old male coach	Purposeful sampling	5C post-training questionnaires (Based on Harwood's (2008) specific measure of the 5C's) and a post-intervention social validation form (Page and Thelwell, 2013)
49	Hayden et al., 2012	Sports	USA	Cross-sectional	Qualitative	28 9th to 12th grade students (6 females, 22 males) and 9 advisors	Convenience sampling	Interviews and focus groups
50	Hemphill and Richards, 2016	Sports	USA	Cross-sectional	Mixed	21 sixth to eight grade youth and adults (i.e. 2 school counsellors, 1 math teacher, 7 parents (6 females, 1 male), 3 staff and 3 undergraduate volunteers)	Not specified for youth participants. The school counsellors and math teacher were selected because of their in-depth knowledge of the PYD-programme and its youth participants.	Interviews and focus groups
51	Hodge et al., 2017	Sports	USA	Longitudinal-observational	Qualitative	36 youth (9 females, 27 males, aged 7 to 15, Mage = 11.3) and 4 parents	Participants were recruited from among 42 youth members of a local Boys & Girls Club who had been invited to participate in the annual HIFE programme.	Online survey and semi-structured interviews
52	Holt et al., 2008	Sports	Canada	Case study (longitudinal-observational)	Qualitative	12 male student-athletes (Mage = 17.1, SD = 1.00) and 1 head soccer coach	Purposeful sampling	Fieldwork (notes from direct observations, informal and formal conversations, and documents) and interviews

53	Holt et al., 2011	Sports	Canada	Cross-sectional	Qualitative	17 parents (15 mothers, 2 fathers, Mage = 44.5, SD = 7.9) and 18 children (7 females, 11 males, Mage = 12.5, SD = 2.5)	Purposeful sampling	Semi-structured interviews
54	Koh et al., 2017	PE and sports	Singapore	Cross-sectional (two-year follow-up)	Qualitative	12 students (2 females, 10 males, aged 12), 1 male PE teacher and 2 male coaches (aged 34 to 35), and 3 parents (2 females, 1 male, aged 38 to 45)	Snowball sampling	Interviews
55	Koh et al., 2016	PE and sports	Singapore	Cross-sectional	Qualitative	32 youth (10 females, 22 males, aged 10 to 12, Mage = 11.7, SD = 0.99), of which 16 PE students and 16 athletes, and 3 PE teachers and 3 sport coaches (aged 26 to 38, Mage = 32, SD = 2.2)	Purposeful selection	Interviews and focus-groups
56	Lang et al., 2016	PE	Switzerland	Experimental: Cluster RCT	Quantitative	131 vocational students (35.2% female, Mage = 16.22, SD = 1.12), of which 67 intervention group and 64 control. Complete data of 112 students, of which 56 intervention (32.4% female, Mage = 15.96, SD = 1.04) and 56 control (31.7% female, Mage = 16.44, SD = 1.09)	Randomization of clusters/classes	Adolescent Stress Questionnaire (Byrne et al., 2007) and Coping Questionnaire for Children and Adolescents (Hampel et al., 2001)
57	Lee et al., 2017	Sports	Korea	Longitudinal-observational	Qualitative	6 fourth to fifth grade children (2 females, 4 males, Mage = 11.5) and 2 male programme instructors	Not specified	Interviews
58	Light, 2010	Sports	Australia	Case study (3-month ethnographic study)	Qualitative	33 youth (aged 9 to 12), of which 20 were selected for interviews (14 females, 6 males), and 20 parents and 4 coaches	Random selection	Questionnaire and interviews (and auto photography)

59	Linver et al., 2009	Sports	USA	Longitudinal-observational	Quantitative	1711 adolescents (50% female, aged 10 to 18, Mage = 13.8, SD = 2.3)	Not specified	the Social Well-Being scale (Keyes, 2006), Peer connectedness and prosocial behaviours using items developed for the CDS-II, Items selected from the Polit (1998) 25-item Positive Behaviour Scale, the Behaviour Problems Index (Peterson and Zill, 1986)
60	Luptáková and Antala, 2017	PE	Slovakia	Cross-sectional	Mixed	94 students (46 females, 48 males, aged 11 to 15)	Not specified	Questionnaire
61	Malinauskas and Juodsnukis, 2017	Sports	Lithuania	Experimental	Quantitative	52 male football sport school students, of which 26 intervention group (Mage = 15.68, SD = 0.29) and 26 control group (Mage = 15.76, SD = 0.32)	Random serial sampling	(Modified) Social Responsibility Questionnaire (Li et al., 2008)
62	Mead et al., 2017	Sports	USA	Longitudinal-observational (Ethnographic, person-centred study)	Qualitative	4 male high school basketball team captains (aged 17 to 18) and 1 male coach (aged 30)	All team captains were elected through a weighted vote prior to the beginning of the season.	Interviews, observations and participant journals
63	Molinuevo et al., 2010	Sports	Spain	Cross-sectional	Quantitative	867 families with at least one child enrolled in the 2nd, 4th, or 6th grade (428 females, Mage = 9.67, SD = 1.63) (439 males, Mage = 9.63, SD = 1.67)	Stratified multistage sampling. Schools were selected randomly.	the Strengths and Difficulties Questionnaire (Goodman, 1997), School Social Behaviour Scales (Merrell, 2002)
64	Na, 2015	PE and sports	USA	Cross-sectional	Qualitative	41 parents (aged 34 to 47, children aged 12 to 15), of which 10 parents participated in interviews	Convenience sampling	Phenomenological interviews and qualitative questionnaires
65	Nathan et al., 2013	Sports	Australia	Quasi-experimental	Mixed	142 youth (3 females, 139 males, Mage = 14.7, SD = 2.4), of which 79 participated in interviews (18 females, 61 males, aged 11 to 18)	Purposeful sampling	Survey and interviews

66	Neely and Holt, 2014	Sports	Canada	Cross-sectional	Qualitative	22 parents, of which 12 mothers (Mage = 39.0 years, SD = 4.7), and 10 fathers (Mage = 38.8 years, SD = 5.8). In total, the parents had 32 children (8 females, 24 males, aged 5 to 8, Mage = 6.15, SD = 1.14)	Purposeful sampling	Semi-structured interviews
67	Newin et al., 2008	Sports	Canada	Longitudinal-observational	Qualitative	8 Pee wee-level ice hockey coaches (players aged 11 to 13)	Not specified	Pre- and postintervention forms, observational evaluations and interviews
68	Parise et al., 2015	Sports	Italy	Quasi-experimental	Quantitative	103 adolescents (aged 11 to 15), of which 63 intervention group (87% male, Mage = 13.28, SD = 0.97) and 40 control group (50% male, Mage = 13.84, SD = 0.88)	Not specified	Prosocial Behaviour Scale (Caprara et al., 2005)
69	Park et al., 2017	PE	Korea	Experimental	Quantitative	48 children (24 females, 24 males), of which 12 multicultural children who participated in PEC (Mage = 11.60, SD = 0.84), 13 multicultural children who did not participate in PEC (Mage = 12.10, SD = 0.56), 11 single-cultural children who participated in PEC (Mage = 12.50, SD = 0.52), and 12 single-cultural children who did not participate in PEC (Mage = 12.50, SD = 0.70)	Not specified	Survey including sociality scale
70	Riley and Anderson-Butcher, 2012	Sports	USA	Cross-sectional	Qualitative	10 parents (9 females, 1 male, aged 31 to 58, children aged 11 to 13)	Purposeful sampling and random selection	Interviews
71	Riley et al., 2017	Sports	USA	Pre-test, post-test, no control	Quantitative	329 youth (120 females, 209 males, aged 9 to 15, Mage = 11.52, SD = 1.46) and staff participants, i.e. 23 coaches (8 females, 15 males, majority between 21 and 24 years of age)	Stratified sampling by age and random allocation	the Social Skill Improvement System (Gresham and Elliot, 2008)

72	Rodríguez et al., 2016	Sports	Costa Rica	Longitudinal-observational	Quantitative	28 male adolescents, (Mage =12.75, SD = 1.40)	Not specified	Observations
73	Salazar et al., 2016	Sports	Mexico	Cross-sectional	Quantitative	46 children (23 females, 23 males, aged 6 to 16)	Not specified	Survey
74	Schaillée, et al., 2017	Sports	Belgium	Longitudinal-observational	Qualitative	25 female youth (aged 11 to 19, Mage = 13.8, SD = 2.14)	Purposeful sampling and field survey approach	Observations and interviews
75	Senécal et al., 2008	Sports	Canada	Mixed	Quantitative	86 female high school senior basketball players (aged 14 to 18, Mage = 15.71, SD = 0.96)	Purposeful sampling and random allocation of groups	Group Environment Questionnaire (Carron et al., 2002), Postintervention Manipulation Check
76	Sinelnikov and Hastie, 2008	PE	Russia	Longitudinal-observational	Qualitative	42 ninth grade students (30 females, 12 males, Mage = 14.3)	Random selection of groups	Video records, interactive student journals, and group and individual interviews
77	Ullrich-French et al., 2012	Sports	USA	Pre-test, post-test, no control	Quantitative	197 youth (102 females, 95 males, aged 9 to 16, Mage = 11.8, SD = 1.6)	All campers were invited to participate in the study.	Social competence subscale from Harter's (1985) Self Perception Profile for Children
78	Vidoni and Ward, 2009	PE	USA	Longitudinal-observational	Qualitative	7 8th grade students (4 girls, 3 boys, aged 12 to 13) and their teacher (female)	Purposeful sampling	Direct and videotaped observations
79	Vierimaa et al., 2017	Sports	Canada	Cross-sectional	Qualitative	12 volunteer coaches (6 females, 6 males, aged 16 to 59, Mage = 39.5). The coaches' league is home to children aged 8 to 14.	Purposeful sampling	Semi-structured interviews
80	Villarreal and Gonzalez, 2016	Sports	USA	Cross-sectional	Quantitative	186 sixth to seventh grade students (47.3% female)	Participants were originally recruited from one of three school districts in Texas across two sequential cohorts in first grade during the fall of 2001 and 2002.	Psychological Sense of School Membership scale (Goodenow, 1993), questions adapted from a survey of Mahoney and Stattin (2000), and the Strengths and Difficulties Questionnaire (Goodman, 1997), and interviews

81	Walsh et al., 2010	Sports	USA	Cross-sectional	Qualitative	13 youth (2 females, 11 males, aged 9 to 11), 2 classroom teachers, and 1 programme director	Not specified	Semi-structured interviews, documents and artefacts from the programme (lesson plans and participant journals), and field notes (reflective journal)
82a	Weiss et al., 2016 (study 1)	Sports	USA	Cross-sectional	Quantitative	564 youth (aged 10 to 17), of which 405 intervention group (104 females, 301 males, Mage = 12.6, SD = 1.8) and 159 control group (66 females, 93 males, 12.4, SD = 1.5)	Eligible participants were at least 10 years old and had been participating in The First Tee or their specified activity for at least one season.	LSTS (Weiss et al., 2014), Social Acceptance subscale of Harter's (1988) Self-Perception Profile for Adolescents, Behavioural Conduct subscale of Harter's (1988) SPPA, a rating scale created for assessing character development in youth sports programmes, Self-Regulated Learning subscale of Bandura's (1990) Multidimensional Scales of Perceived Self-Efficacy, the Preference for Challenge subscale of the Motivational Orientation in Sport Scale (Weiss et al., 1985)
82b	Weiss et al., 2016 (study 2)	Sports	USA	Longitudinal-observational	Quantitative	Longitudinal sample of 192 youth (53 females, 139 males), aged 10 to 17 at Time 1 (Mage = 12.5, SD = 1.8), aged 10 to 18 at Time 2 (13.4, SD = 1.8), and aged 11 to 19 at Time 3 (14.4, SD = 1.8)	The longitudinal sample included youth who were actively participating in The First Tee.	LSTS (Weiss et al., 2014)
83	Weiss et al., 2015	PE	USA	Quasi-experimental	Quantitative	1076 youth (aged 11 to 14), of which 331 intervention group (156 females, 172 males, Mage = 12.5, SD = 0.98) and 745 control group (368 females, 375 males, Mage = 13.0, SD = 0.96). 5 students did not report gender.	Purposeful sampling	the Self-Perception Profile for Adolescents (Harter, 1988)
84	White and Bennie, 2015	Sports	Australia	Cross-sectional	Qualitative	22 female gymnasts (aged 10 to 16, Mage = 12.5) and 7 coaches (aged 18 to 30, Mage = 22.14)	Homogenous purposeful sampling	Semi-structured interviews

85	Whitley et al., 2016	Sports	South Africa	Cross-sectional (phenomenological study)	Qualitative	19 athletes (8 females, 11 males, aged 9 to 20, Mage = 16.2, SD = 3.0), 10 coaches (1 female, 9 males, aged 22 to 37, Mage = (M= 28.4, SD = 7.0) and 11 community members (6 females, 5 males, aged 20 to 69, Mage = 42.0, SD = 15.8)	Snowball sampling and purposeful selection	Semi-structured interviews
86	Wilkes and Côté, 2010	Sports	Canada	Cross-sectional	Mixed	212 female basketball players (aged 14 to 15) from a school team (n = 70, Mage = 14.41, SD = 0.60), a competitive team (n = 68, Mage = 14.45, SD = 0.61) and a recreational team (n = 74, Mage = 14.30, SD = 0.52) and 16 programme respondents	Principal researcher contacted programme coordinators or executive directors of school and community-based basketball programmes for 14 and 15-year-old females.	The Youth Experiences Survey 2.0 (Hansen & Larson, 2005) and interviews
87	Wright and Burton, 2008	PE	USA	Mixed	Qualitative	23 students (14 females, 9 males, Mage = 14.8), the Lifetime Wellness instructor and the school principal	Class selection based on scheduling convenience	Semi-structured interviews, observations and reflective practitioner journals, session plans, responsibility logs, written reflections, learner assessments, programme evaluation
88	Wright et al., 2010	PE	USA	Mixed	Mixed	122 students (65 females, 57 males, aged 14 to 18, Mage = 14.8), of which 11 students (5 females, 6 males) were selected for focus groups	Researchers assigned two class sections to the treatment condition and two to the comparison condition based on scheduling convenience. For the focus groups, 11 participants were purposefully selected.	Documentation (written plan before each lesson, post teaching reflection, field notes), Teaching for Personal and Social Responsibility programme evaluation and implementation checklist, and focus groups

¹For the purpose of this review only the instruments of interest, i.e. related to personal and social development, are presented. The reference list of these instruments can be found in Supplementary file 2.

Note: With regard to sampling, it must be noted that 21 studies did not specify the selection and allocation of participants.