Appendix 1. List of Included Studies

A1. Canzan F, Mezzalira E, Solato G, Mortari L, Brugnolli A, Saiani L, et al. Nurses' views on the use of physical restraints in intensive care: a qualitative study. International Journal of Environmental Research and Public Health. 2021;18(18):9646. https://doi.org/10.3390/ijerph18189646

A2. Chen X, Zhuang Y, Lao Y, Qiao L, Chen Y, Guo F. Development and implementation of a novel decision support tool on physical restraint use in critically ill adult patients. International Journal of Nursing Practice. 2022;28(2):e12961. https://doi.org/10.1111/ijn.12961

A3. Cui N, Qiu R, Zhang Y, Chen D, Zhang H, Rao H, et al. Why are physical restraints still in use? A qualitative descriptive study from Chinese critical care clinicians' perspectives. BMJ Open. 2021;11(11):e055073. https://doi.org/10.1136/bmjopen-2021-055073

A4. Ertuğrul B, Özden D. Nurses' knowledge and attitudes regarding physical restraint in Turkish intensive care units. Nursing in Critical Care. 2021;26(4):253-61. https://doi.org/10.1111/nicc.12541

A5. Freeman S, Hallett C, McHugh G. Physical restraint: experiences, attitudes and opinions of adult intensive care unit nurses. Nursing in Critical Care. 2016;21(2):78-87. https://doi.org/10.1111/nicc.12197

A6. Gómez Tovar LO, Henao Castaño AM. Dynamic delirium – Nursing intervention to reduce delirium in patients critically ill, a randomized control trial. Intensive and Critical Care Nursing. 2024;83:103691. https://doi.org/10.1016/j.iccn.2024.103691

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A10. Gürlek Kısacık Ö, Sönmez M, Coşğun T. Use of physical restraints in critical care units: Nurses' knowledge, attitudes, and practices. Critical Care Nurse. 2020;40(3):37-47. https://doi.org/10.4037/ccn2020856

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A12. Luk E, Burry L, Rezaie S, Mehta S, Rose L. Critical care nurses' decisions regarding physical restraints in two Canadian ICUs: A prospective observational study. Canadian Journal of Critical Care Nursing. 2015;26(4):16-22.

A13. Perez D, Murphy G, Wilkes L, Peters K. Understanding nurses' perspectives of physical restraints during mechanical ventilation in intensive care: a qualitative study. Journal of Clinical Nursing. 2021;30(11-12):1706-18. https://doi.org/10.1111/jocn.15726

A14. Salehi Z, Ghezeljeh TN, Hajibabaee F, Joolaee S. Factors behind ethical dilemmas regarding physical restraint for critical care nurses. Nursing Ethics. 2020;27(2):598-608. https://doi.org/10.

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A15. Salehi Z, Joolaee S, Hajibabaee F, Najafi Ghezeljeh T. The challenges of using physical restraint in intensive care units in Iran: a qualitative study. Journal of the Intensive Care Society. 2021; 22(1):34-40. https://doi.org/10.1177/1751143719892785

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A20. Vidal P, Lambert C, Pereira B, Martinez R, Araujo L, Yakhni M, et al. Stepped wedge cluster randomised controlled trial to assess the impact of a decision support tool for physical restraint use in intensive care units (ARBOREa Study): a study protocol. BMJ Open. 2025;15(5):e085674. https://doi.org/10.1136/bmjopen-2024-085674

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