Table S1. Evaluation of bias in the included studies.

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| Author Year | Random sequence generation | Concealment of the randomization sequence | Blinding of participants and staff | Blinding of outcome assessment | Lost data | Selective reporting of results | Other biases |
| Vázquez-Maguirre (2020) | R.A.  It comments on the selection factors of cooperatives and even mentions intentional selection. | R.A.  Once the participants were chosen, they were informed about their participation in the study and the information that was needed. | R.B.  No blinding, but reviewers consider this unlikely  That the result is influenced by the lack of blinding, since they only presented the results of the application of the cooperative . | RM  Although there is no blinding of outcome assessment, the reviewers believe that the outcome measure is unlikely to be influenced by lack of blinding; However, it is considered Medium since those who collected the data are the same ones who analyzed them. | R.B.  There was loss of data regarding requested quantitative information that the organizations initially commented that they would provide but later did not provide. However, the application to the aforementioned participants and the number of instruments applied was maintained. Therefore, it is considered that the loss was less than 20%. | R.B.  All the data that they promised was reported, they only comment that making a numerical comparison was not possible in all the cooperatives, worse the collection as originally planned if it is carried out. | R.B.  did not obtain financial (quantitative) data to compare with the results described in the interviews, yet they did not make inferences from the knowledge obtained through the information obtained during the observation or interviews. |
| Gonzalez, et al, (2019) | R.A.  It is not mentioned how they were selected or the sample size of women who were interviewed for the study. | R.A.  It is not mentioned what the interview process was like or if they knew about their participation in the study. | RM  It is not mentioned how the selection was, but in the applied instrument it is visible that it selects at random and based on the responses it classifies the information. | RM  The one who analyzes the data is the one who applied the instruments | R.A.  By not mentioning the sample size, there is a lack of knowledge of whether there was loss of data or not. | R.B.  The data that was promised regarding the correlation of factors is reported. | R.B.  The data analysis is solely based on the results obtained, which are presented numerically. |
| Mahato, et al (2022) | RM  The selection of literature on micro developments of rural women, although it was based on three types of capital. The database was Scopus and from there the documents were taken at random. However, the total number of documents selected is not indicated, so the doubt remains whether it was all the documents found in the database. | RM  For the selection of the text to be used, during reading, those that did not maintain a relationship with any of the three forms of selected social capital were discarded; limiting. | R.B.  When documents are selected from a database, the researcher does not know who the information he analyzes comes from. | R.B.  Although the researcher himself is the one who analyzes the data, he does not know in depth the ventures to which reference is made. | R.A.  By only mentioning all the documents found, but not the final selection of these based on the determined variables (type of social capital), it is unknown if there was a percentage of loss. | RM  Although the aforementioned data is reported, the fact of not considering the totality of social capital that can be applied may bias the report. | RM  Although there is no knowledge of the researcher who prepared the documents he analyzed as well as the ventures he talks about, knowledge of other types of social capital different from those analyzed leads him to mention it on some occasions. |
| Salem, et al (2020) | R.B.  The data was selected from a demographic and health survey and the women who participated were selected at RANDOM. | R.B.  The Kish method was used for random selection. | RM  The interviews were conducted by previously trained researchers. | R.B.  The researchers who analyzed the data were not the same ones who conducted the interviews. | R.A.  There was a response rate during follow-up of 72%, so the loss of data is 28%. | R.B.  The number of reported and correlated factors corresponds to the proposed multidimensional scale. | R.B.  All data are validated through factor analysis and exploratory structural equation models, leaving subjectivity aside. |
| Cornish et al. (2019) | R.A.  There is an intentional selection of 10 communities in the studied district, which was selected intentionally. | R.B.  Women were randomly selected in the communities from the RADA-SL database of VSLA participants for IDI, with six alternates drawn equally. Total 29 women. | R.B.  Although they knew they were participants in the study, data collection was through Christian Aid focus exercises, which allowed them to focus on group dynamics and not individual dynamics.  Likewise, the compilers were research assistants, who received prior training to apply the instruments.  And the participants gave their informed consent. | R.B.  Those who collected the data were not the same as those who analyzed them. | R.B.  Not only individual interviews were applied, but focus groups were also applied to complement the individual data. Having a 100% participation of the determined sample. | R.B.  All the main topics to be analyzed are reported. | R.A.  A discrepancy is mentioned regarding the research team regarding access to information technology and communication skills with the participants; which led to different expectations of the research. |
| Berrueta et al. (2015) | R.A.  The analysis is about the results of a specific project | R.A.  There is no random selection of data, as it is analyzed based on the participants in the stove project. Although it is not analyzed in its entirety, the exact number under which the data obtained was analyzed is not mentioned. | R.A.  The interventions to be carried out are not unknown since the researchers are the collectors and analysts. | R.A.  The person who analyzes the data is the one who collected the information | R.B.  There is no loss of data, since the sample is documentary, on the results obtained from the application of the project. | R.B.  All the data that was determined is reported. | R.B.  The researchers are not participants in the project so their analysis is completely external. |
| Sanchez and Winkler (20 19) | R.A.  Qualitative inductive case study of a women-only ecotourism cooperative | R.A.  Women's voices are prioritized as protagonists, subjects of knowledge and experts on their own experience. | RM  Despite knowledge of the study, women's participation was limited to providing access and participating in interviews and discussions. | R.B.  The women did not define the research questions, collect data themselves, or participate in interpretation.  Data analysis was a process of thematic coding, memorization, and comparative analysis. It included two authors, one in charge of each phase. Use of NVIVO software. | R.A.  The project began with more than 100 women, but only 33 decided to formally start the cooperative and join as members; at the time of the study, only 19 members remained. (81% loss)  39 interviews with 12 members, 5 former members, 9 nonmember women, 8 men from the community, 4 tourism professionals and 1 official. (61%) | R.A.  The study begins by seeking to understand the processes through an ecotourism project only for women that facilitated their empowerment; However, upon arriving in the community for fieldwork this project was not working, so the focus of the study changed to understanding why the project was failing and how gender dynamics impacted its ability to succeed. | RM  While the authors worked together to analyze the data, look for connections between themes, and investigate emerging findings; The study is limited to one case in a limited data collection period. |
| Barrio et al (2020) if available | R.A.  The study points out that the sampling used was intentional. | R.A.  There is no random selection of data.  24 women were selected who participated in a call and attended to three elements: Ability to be released from their normal duties, to travel and attend, and to find or organize child care. | R.B.  There was no blinding, the data were collected during the residency by three researchers and an entrepreneurship consultant, showing that they knew the population and were trained on the subject. | RM  To analyze the data, the inductive method was used, which was carried out in four stages using NVIVO 10. | R.B.  Of the 24 women selected (budget limitation), the results presented do not quantitatively demonstrate that the 24 participated throughout the process. | R.B.  The data that was promised is reported | R.B.  The data analysis is solely based on the results obtained |
| Rustinsyah et al (2021) | R.A.  Comment on the characteristics of the two cooperatives that were studied, which received subsidy support. | R.A.  It is not mentioned what the interview process was like or if they knew about their participation in the study. | R.B.  There was no blinding, qualitative data were collected through direct observations and interviews. | R.A.  The person who analyzes the data is the one who collected the information | R.B.  Not only interviews were applied, direct observation was also carried out, focus groups were also applied and the researcher (author) examined documentary information from the cooperatives. Having a participation of 90% of the determined sample. | R.B.  All the data that was determined is reported. | R.B.  The data analysis is solely based on the results obtained. |
| Ferdousi and Mahmud (2019) if available | R.A.  The women entrepreneurs selected for this study were not chosen randomly as the study considered eight villages from two districts: Narayanganj and Chapainawabganj, where Grameen Telecom Trust had invested. | R.A.  It is only mentioned that primary data was collected from 28 women and that four key informant interviews were conducted. | R.B.  There was no blinding, qualitative data were collected through direct observations and interviews. | R.A.  The person who analyzes the data is the one who collected the information | R.A.  No mention is made of the total population and it is only noted that information was collected from 28 women and 4 interviews were conducted. | R.B.  The results that are shared are related to the objectives of the study. | R.B.  The data analysis is solely based on the results obtained. |
| Ge, et al (2022) | R.A.    The researchers interviewed women  businesswomen and chose them using the snowball sampling technique from a population  of purposefully selected businesswomen | R.A.  The researchers obtained prior consent  of the respondents before starting the interviews | R.B.  There was no blinding, qualitative data were collected through direct observations and interviews. | R.A.  The person who analyzes the data is the one who collected the information | R.A.  As the study population  is unknown, an equation was used to calculate the sample size in the study area.  Therefore, it is unknown if there was data loss. | R.B.  The data that was promised is reported. | RM  Tests were carried out prior to the study using a questionnaire  which was modified after consulting with experts, which could influence the results. |
| Goodman and Kaplan (2019) | R.A.  The method used for sampling is NOT indicated and the data for this analysis were collected as part of a larger nongovernmental organization (NGO) project. | R.A.  Once the participants were selected, the first author lived in the villages around the Khora and Chimayal offices, initially staying with host families who were involved in the projects, and thus were presumably informed. | R.B.  There was no blinding, the results were obtained through direct observations and interviews. | RM  In the analysis of the data, the person collecting the information participates in one phase, at another time those who analyze the data are understood to have not participated in the collection. | R.A.  No mention is made of the total population and it is only noted that 52 interviews were carried out where 27 were women who met a specific profile.  Therefore, there is ignorance about the loss of information. | R.B.  All the main topics to be analyzed are reported. | RM  Validity may have been compromised because the study results are part of a larger project in the area. |
| Burney, et al (2017) | R.A.  Neither the exact size of the sample nor how the sample of women who were studied for the research was selected was mentioned. | R.A.  It is not mentioned what the direct study process was like with the sample, it is only noted that it sought to leave out the male heads of the family. | R.B.  There was no blinding, they presented the results obtained by applying a survey of 32 questions coded in a latent variable analysis. | R.A.  It is inferred that the person analyzing the data is the one who collected the information | R.A.  By not mentioning the sample size, there is a lack of knowledge of whether there was loss of data or not. | RM  Although the promised data is reported, not considering the entire sample may bias the report. | R.B.  The data analysis is solely based on the results obtained. |
| Dolezal & Novelli (2020) if available | R.A.  The method used for sampling is not indicated, only the sample size is indicated. | R.A.  There is no random selection of data, since it is analyzed based on the participants in the project | R.B.  There was no blinding, semistructured interviews were carried out with key informants and translators. | R.A.  The person analyzing the data is the one who collected the information and was living in the village where the participants were. | R.A.  No mention is made of the total population and it is only noted that 40 interviews were carried out (28 men and 12 women), so it is not possible to determine if there was loss of data. | R.B.  All the main topics to be analyzed are reported. | R.B.  The data analysis is solely based on the results obtained. |
| Uduji, et al (2020) | RM  There is a representative sample selection of rural young women from the Delta region of Nigeria, where two purposive sampling and last, simple random sampling were used. | RM  available young woman who could answer the questions at the time of the visit was randomly selected . | RM  The technique for collecting information was conducting a semistructured interview; the researchers were trained, although the interviewees were previously unaware that they would be visited. | RM  It is not specified whether those analyzing the data are the same ones who collected it, however, the data were analyzed with descriptive and inferential statistics. | R.B.  According to the results presented, it is evident that 100% of the initial sample considered were interviewed. | R.B.  The data that was promised is reported, regarding the correlation of factors. | R.B.  The data analysis is solely based on the results obtained. |
| Okolo‐Obasi, Uduji and Asongu (2021) | RM  They used three types of sampling: simple random sampling, purposive sampling, and quota sampling to select respondents based on the population studied. | R.A.  The questionnaire was administered directly by the researchers with the help of research assistants; it is not mentioned whether the interviewees were aware of their participation. | RM  The interviews were conducted by previously trained researchers and supported by assistants. | RM  The one who analyzes the data is the one who applied the instruments | R.A.  It is mentioned that 2,400 traditional rural businesswomen were selected and that questions were asked to the women to distinguish between recipients and nonrecipients; however, it is unknown if there was a loss of information. | R.B.  All the main topics to be analyzed are reported. | R.B.  The data analysis is solely based on the results obtained. |

RA: high-risk; RM: medium-risk; RB: low risk