**Additional file 1**

Search strategy used in each database

|  |  |  |
| --- | --- | --- |
| Database | Search string | Articles identified |
| Web of Science | #1: TS=((expert\*  OR  learner  OR  professional  OR  student  OR  resident\*  OR  intern  OR  trainee  OR  novice  OR  worker OR  employee  OR  scholar  OR  individu\*)  NEAR/3  (adaptiv\* OR adapta\* OR flexib\*) )  #2: TS=(develop\*  OR  learn\*  OR  perform\*)  #3: (#1 AND #2)*AND***DOCUMENT  TYPES:**  (Review)  #4: TS=(review  OR  "meta  analysis"  OR  "systematic  map"  OR  overview  OR  synthesis)  #5: #2  AND  #1  #6: #5  AND  #4  #7: #6  OR  #3 | 1268 |
| Scopus | ((TITLE-ABS-KEY ((expert\* OR learner OR professional OR student OR resident\* OR intern OR trainee OR novice OR worker OR employee OR scholar OR individu\*) W/3 (adaptiv\* OR adapta\* OR flexib\*))) AND (TITLE-ABS-KEY (develop\* OR learn\* OR perform\*)) AND (PUBYEAR > 1985) AND DOCTYPE (re)) OR (((TITLE-ABS-KEY ((expert\* OR learner OR professional OR student OR resident\* OR intern OR trainee OR novice OR worker OR employee OR scholar OR individu\*) W/3 (adaptiv\* OR adapta\* OR flexib\* ))) AND (TITLE-ABS-KEY (develop\* OR learn\* OR perform\* ))) AND ( TITLE-ABS-KEY (review OR "meta analysis" OR "systematic map" OR overview OR synthesis) AND PUBYEAR > 1985 )) | 1849 |
| Total |  | **3117** |