Records identified through database searching MEDLINE (n = 25)

Additional records identified through other sources Cochrane Central (n = 3), Embase (n = 44), CIANHL (n = 10)

Records after duplicates removed (n = 60)

Records screened (n = 60)

Records excluded (n = 53)

Full-text articles assessed for eligibility (n = 7)

Full-text articles excluded, with reasons (n = 6)
- Study designs (n=3)
- Meta analysis (n=1)
- Systematic review (n=1)

Studies included in qualitative synthesis (n = 3)

Studies included in quantitative synthesis (meta-analysis) (n = 3)