Records identified through database searching (n = 10,091)

Additional records identified through other sources (n = 97)

Records screened (n = 10,188)

Records excluded (n = 9,838)

Full-text articles assessed for eligibility (n = 350)

Full-text articles excluded, with reasons (n = 327)
Studies on other health behaviours included in original review (n = 9)

Studies included in descriptive synthesis (n = 14)

Studies included in quantitative synthesis (meta-analysis) (n = 0)