Screening of 1,426 references identified through database searching and reference screening.

- 42 fulltext articles assessed for eligibility.
  - 1,384 references not relevant.
  - 24 articles excluded for not satisfying all inclusion criteria.
  - 18 randomized controlled trials included.
  - Literature search update: 205 references identified.
    - 190 references not relevant.
    - 15 articles assessed for eligibility.
      - 13 articles excluded for not satisfying all inclusion criteria.
      - 2 randomized controlled trials included.

20 randomized controlled trials included in qualitative synthesis.