Figure 1. Literature search and selection process (PRISMA Flow Diagram)

Records identified through database searching (n = 262)

Additional records identified through other sources (n = 2)

Records after duplicates removed (n = 245)

Records screened (n = 245)

Records excluded (articles did not report on RCTs) (n = 229)

Full-text articles assessed for eligibility (n = 15)

Full-text articles excluded (studies not in accordance with study protocol) (n = 11)

Studies included in qualitative synthesis (n = 4)