Records identified through MEDLINE (1950 to present) searching (n = 2587)

Records identified through EMBASE (1980 to present) searching (n = 2963)

Records with titles and abstracts screened (n = 130)

Records with titles and abstracts screened (n = 60)

Records after duplicates removed (n = 143)

Screening full-text articles (n = 87)

Studies included in meta-analyses (n = 87)

Full text articles excluded (n = 56)