4886 citations identified from initial searches

1150 duplicates excluded

3736 unique citations

3597 excluded on abstract/title

139 articles retrieved for full-text screening

103 excluded following full-text review

36 eligible articles for reference list/citation checking

Four new articles identified from reference lists (n=2) or from citations (n=2)

40 articles included in review

36 primary reports

22 primary studies with poor internal validity

14 primary studies with ‘adequate’ internal validity

1 secondary report with ‘adequate’ internal validity

15 studies with ‘adequate’ internal validity

4 secondary reports

2 secondary reports with new/additional data

2 reports not containing new/additional data

28 articles included in review

15 studies with ‘adequate’ internal validity