654 studies identified through database searches

674 studies pared down based on titles and abstracts

642 studies excluded

654 studies identified through database searches

24 studies excluded for: inappropriate design (n = 23) and inadequate comparison option (n = 1)

38 studies examined for inclusion criteria

20 studies identified through manual searches (websites of organizations and journals)

14 studies retained for systematic review and meta-analyses

14 studies retained for systematic review and meta-analyses