Citations identified through database search (n = 2965) → Unique studies after duplicate removal (n = 2522)

Total studies screened (n = 2522) → Excluded based on title (n = 2061)

Abstracts retrieved (n = 461) → Excluded based on abstract (n = 461)

Full-text articles retrieved (n = 95) → Full-text articles excluded (n = 80) based on lack of work outcomes

Studies assessed for quality (n = 15) → Studies included (n = 7)

Excellent (n = 2) → Good (n = 4) → SER (n = 1)

Excluded based on quality (n = 8)