Articles included in meta-analysis
n = 40 (= 39 studies)

Full-text articles excluded (n = 44)
1. the study design was not appropriate: no randomization, no control group (27 studies)
2. intervention did not meet the inclusion criteria (14 studies)
3. the study population was physically diseased (1 study)
4. insufficient information for data extraction (1 study)
5. no appropriate outcome measures in accordance with the criteria (1 study)