Unique citations identified through database and hand search (n = 3818)

Commentaries Excluded (n = 24)

Total studies screened (n = 3794)

Excluded based on title (n = 3524)

Abstracts retrieved (n = 270)

Excluded based on abstract (n = 160)

Full-text articles retrieved (n = 110)

Excluded based on full-text (n = 100)

Studies assessed for quality (n = 10)

Studies included (n = 10)

Excellent (n = 3)

Good (n = 7)

Fair/weak (n = 0)