387 records identified through database searching

380 records after duplicates removed

380 records screened

322 records excluded based on the title/abstract

58 full-text articles assessed for eligibility

Studies included in review (n=17)

41 full-text articles excluded, with reasons:
- Not satisfying intervention or control group criteria (n=37)
- Not satisfying language criteria (n=1)
- Full text not available (n=3)

Studies included in quantitative synthesis (meta-analysis) (n=16)

Figure 1 Flow diagram of literature search.