Publications identified (n = 327)

Publications excluded after screening of the title and abstract (n = 298)

Full text for further evaluation (n = 29)

Excluded after obtaining the full text (n = 15)
- Not a clinical trial (n = 7)
- Studies focusing on biomarkers of stress (n = 4)
- Non-controlled observational studies (n = 3)
- Case reports (n = 1)

Controlled clinical trials (n = 14)

Excluded based on the exclusion criteria (n = 7)
- Crossover random studies (n = 2)
- Non-randomized controlled clinical trials (n = 3)
- Retrospective observational studies (n = 2)

RCTs included in this review (n = 7)