Records identified through initial database searching (n = 4236)

Additional records identified through other sources (n = 378)

Total records identified (n = 4614)

Records screened (n = 2949)

Records excluded (n = 1665)

Full-text articles assessed for eligibility (n = 79)

Full-text articles excluded, with reasons (n = 52)

- Literature or non-systematic reviews n = 19
- No control study n = 10
- Mental Health screened out or not included n = 5
- Not intervention evaluation n = 6
- Reported protocol not findings n = 3
- Other n = 9 (e.g., focus on staff, not reporting outcome measures)

Studies included in data extraction (n = 27 papers/21 studies)