Records identified through CNKI searching (n = 285)

Records identified through PubMed searching (n = 461)

Records screened (n = 746)

Duplicates excluded (n = 0).
Note: It is difficult to identify duplicates since records from CNKI were in Chinese language and records from PubMed were translated to English language.

Records identified by searching references of retrieved articles (n = 62)

Full-text articles excluded, with reasons (n = 194)
- Non-RCTs (n = 113)
- Before-after/other design (n = 65)
- Suspected plagiarism (n = 6)
- Other patients (n = 6)
- Review articles (n = 4)

Full-text articles assessed for eligibility (n = 297)

Studies included in quantitative Synthesis (meta-analysis) (N = 94; total 103 articles)