Potentially relevant citations identified from ISI Web of Knowledge, MEDLINE, psychINFO, and SPORTDiscus (N=6608)

Citations identified through other sources (N=12)

Number of duplicates citations removed (N=3970)

Potentially relevant citations screened (N=2650)

Citations excluded (N=2291)
Reasons: irrelevant to review (N=2291)

Potentially appropriate citations to be included in the review (N=359)

Citations excluded from the review (N=330)
Reasons: non experimental/weak design (N=117); PA change not reported (N=41); mediator variables not examined (N=76); dissertations, thesis, and abstracts (N=33); clinical population (N=26); no results reported (N=18); other (N=19)

Studies included in the review (N=29)
Unique trials included in the review (N=27)