# of records identified through database searching
N = 5674

# of records identified through other sources
N = 7

# of records after duplicates removed
N = 1078

# of records screened
N = 4603

# of records excluded
N = 4452

# of full-text articles assessed for eligibility
N = 151

# of full-text articles excluded
N = 124

# of studies included in systematic search synthesis

Lunchtime N = 12
After-school N = 10