### Titles screened (n = 9922)
- CINAHL (n = 354)
- EMBASE (n = 3707)
- MEDLINE (n = 2517)
- SPORTDiscus (n = 2243)
- WoS (n = 1101)

### Excluded studies
- From title and abstract (n = 4454)
- Duplicates (n = 5437)

### Studies excluded after evaluation of full text with reason (n = 18)
- Temperature <28°C (n = 8)
- Cooled during exercise (n = 3)
- Insufficient outcome measures (n = 2)
- Published as abstract only (n = 3)
- Non-experimental (n = 1)
- Other (n = 1)

### Full text articles retrieved (n = 31)

### Studies eligible for inclusion in systematic review (n = 13)