2,450 citations identified

2,006 references excluded on the basis of the title and abstract
- 222 not reports of randomized trials
- 1,784 two-arm RCTs or derived from RCTs
  - 1,214 two-arm trials
  - 434 secondary publications
  - 90 crossover trials
  - 46 cluster trials

444 potentially relevant articles

146 articles excluded after reading the full text
- 18 not RCTs
- 128 RCTs or derived from RCTs
  - 20 reports of multiple randomized trials
  - 42 two-arm trials
  - 66 trials with more than 2 arms
    - 56 studies derived from RCTs
    - 10 others

298 articles eligible for analysis