Identification

<table>
<thead>
<tr>
<th>Database</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medline</td>
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</tr>
<tr>
<td>PsycINFO</td>
<td>180</td>
</tr>
<tr>
<td>EMBASE</td>
<td>413</td>
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<tr>
<td>CENTRAL</td>
<td>380</td>
</tr>
<tr>
<td>Reference Lists</td>
<td>2</td>
</tr>
</tbody>
</table>

Merged database

- N = 1,067
- (N = 42 duplicates)

Articles screened by title and abstract

- N = 1,025

Articles excluded

- N = 978

Full-text articles assessed for eligibility

- N = 47

Non validated measure (n = 23)

Non RCT (n = 7)

Studies assessed for quality

- N = 17

Studies excluded due to “Poor” quality (N = 5)

Studies included in meta-analysis

- N = 12

Studies excluded due to inadequate data (N = 3)