Records identified through database searching (n = 9,010)

- Additional records identified through other sources (n = 0)

- Records after duplicates removed (n = 8,957)

- Records screened (n = (8,957))

- Full-text articles assessed for eligibility (n = 32)

  - Studies included in qualitative synthesis (n = 5)

  - Full-text articles excluded (n = 27)
    - No RCT (n=2)
    - Active PE (11)
    - PE could not be measured as single component (10)
    - PE is control group (1)
    - No mental health outcome (3)

- Studies included in quantitative synthesis (meta-analysis) (n = 4)