Figure 2: PRISMA flow diagram

Records identified through database searching in February 2014: Medline 154, EMBASE 255, CINAHL 35, and SPORTDiscus 116

Additional records identified through other sources (Google Scholar) (n = 1)

Records after duplicates removed (n = 362)

Records screened (n = 362)

Records excluded (n = 353)

Full-text articles assessed for eligibility (n = 9)

Full-text articles excluded, as didn’t meet eligibility criteria (n = 3)

Studies included in qualitative synthesis (n = 6)