Figure 1. Flow of study selection

**Identification**

818 records were assessed for eligibility through database:
- Pubmed (n=208)
- Cochrane library (n=89)
- Science Direct (n=48)
- CNKI (n=267)
- Wan Fang (n=206)

205 records from:
- Google (n=205)

**Screening**

1023 records

583 duplicates removed

440 records screened

413 records excluded
- Not monotherapy design (n=193)
- Not clinical trial (n=147)
- Non-Randomized Controlled Trials (n=23)
- Reviews (n=50)

**Eligibility**

27 full-text articles assessed for eligibility

12 full-text articles excluded
- Non-Randomized Controlled Trials (n=2)
- Not adult patients or unclear age range (n=2)
- Results Incomplete (n=4)
- Redundant publications (n=1)
- Plagiarism (n=1)
- Medication failure before test (n=2)

**Included**

15 studies included in quantitative synthesis (meta-analysis)