Records identified through database searching (n = 960)

Additional records identified through other sources (n = 5)

Records screened on title and abstract (n = 965)

Records excluded on title and abstract (n = 875)

Selected (n = 90)

Duplicates excluded (n = 23)

Full-text articles assessed for eligibility (n = 35)

Full-text articles excluded, with reasons (n=16):
- No placebo manipulation (n=4)
- Healthy persons (n=4)
- Not a RCT (n=2)
- Inadequate outcome measure used (n=1)
- Language (Portuguese) (n= 1)
- No full-text article (n=1)
- Aim not to evaluate efficacy of MT (n=3)

Studies included in the systematic review (n = 19)