Studies retrieved from Medline
\( n = 47 \)

Studies retrieved from Psycinfo
\( n = 90 \)

17 excluded due to overlap with Medline search

Abstracts read from articles
\( N = 120 \)

110 excluded for the following reasons:
- 27 were not published in an English-language peer-reviewed journal
- 58 did not report on assessment instruments
- 25 did not report on the assessment of motivation to change

Articles read in full
\( n = 10 \)

5 articles added retrieved from references of included articles and from other sources

Total studies included in review
\( n = 15 \)