Figure 1: Flow chart of included studies

References identified through database searching
N = 8856

References screened based on title & abstract
n = 8856

References excluded
n = 7990

Full-text assessed for eligibility
n = 866

Full-text excluded
n = 636
Full-text unobtainable
n = 1

Included references
n = 229

Eligibility

Included

Controlled Trial
n = 197
(from 207 references)

Systematic Review &
Meta-Analysis
n = 22