Defining the research question and selecting databases, identifying key words and research strategies

- CINAHL
- Scopus
- Web of Science
- Medline (Ovid)
- Google Scholar

1105 Articles

- 525 Repeated

Reviewing 580 titles

478 Indepth review of abstracts

148 Articles relevant to research question

- 102 excluded
  - Trial
  - Review
  - Descriptive
  - Not clear

46 Studies were qualitatively or mixed method

- 4 Full text did not available
- 42 Full texts assessed for eligibility

19 Articles did not meet inclusion criteria or quality requirement

23 Studies were included for meta-analysis