**Figure 1**

**Initial search**
Total citations identified
- electronic searches n = 475
- hand searches n = 22

Citations excluded after screening titles and abstracts n = 460

Articles retrieved for detailed evaluation n = 37

Articles excluded:
- Study design unclear n = 6
- Active control n = 3
- Did not measure the outcome of interest n = 10
- Population not of interest n = 8
- Unusable results n = 1

Articles included in systematic review n = 9

**Updated search**
Total citations identified from
- electronic searches n = 62
- Hand search n = 1

Citations excluded after screening titles/abstracts and duplicates removed n = 36

Articles retrieved for detailed evaluation n = 27

Articles excluded:
- Not intervention of interest n = 8
- Did not measure the outcome of interest n = 4
- Population not of interest n = 5
- Unpublished data n = 3
- Not RCT n = 1
- Statistical reason n = 2

Articles included in systematic review n = 4

Total RCT included n = 13