Records identified through database searching (n = 2,253)

Additional records identified through other sources (n = 117)

Records after duplicates removed (n = 1,810)

Titles/abstracts screened (n = 1,810)

Records excluded (n = 1,734)

Full-text articles assessed for eligibility (n = 76)

Full-text articles excluded, with reasons (n = 57)
- Different intervention (n = 44)
- Different outcome (n = 3)
- Protocol only (n = 5)
- Different population (n = 2)
- Non-randomized (n = 3)

References included in qualitative synthesis (n = 19)

Studies included in quantitative synthesis (meta-analysis) (n = 15)