## Figure 1 Flow diagram of selection of studies for inclusion in the systematic review and meta-analysis

Records identified through database searching (n = 438) Additional records identified through other sources (n = 81)

Records after duplicates removed (n = 341)

Records screened (n = 341)

Records excluded (n = 135)

Full-text articles assessed for eligibility (n = 206)

Full-text articles excluded, (n = 117)

in qualitative synthesis and quantitative synthesis (meta-analysis) (n = 89)