Figure 1 Summary of the data extraction process (PICO tool focuses on population, intervention, comparison and outcomes)

- **Identification**
  - Records identified through database searching (*n* = 444)
  - Additional records identified through other sources (*n* = 0)

- **Screening**
  - Unique records screened (*n* = 388)
  - Records excluded did not fulfil PICO\(^a\) or other eligibility criteria (*n* = 357)

- **Eligibility**
  - Full text articles assessed for eligibility by research team (*n* = 31)
  - Records excluded by research team (*n* = 21)

- **Included**
  - Articles included in qualitative synthesis (*n* = 10)