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)

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