Articles were initially identified from PubMed, ScienceDirect, and Springer

Articles were excluded because of irrelevant titles ($n$)

153 articles were identified as relevant on the basis of their titles

77 abstracts were identified and screened

76 duplicates were found

33 abstracts were excluded

44 full-text articles were assessed

22 articles were excluded for the following reasons:
- Irrelevant outcomes and intervention ($n = 9$)
- Biases in intervention and control groups ($n = 9$)
- Inappropriate design ($n = 3$)
- Duplicate reporting of same results in two different publications ($n = 1$)

22 studies were included in the final list for the review