Records identified through database searching (CINAHL, Cochrane, EMBASE, MedLine, PsycINFO) (n = 3233)

Additional records identified through other sources (gray literature, hand search, reference search) (n = 1359)

Records screened (n = 4592)

Records excluded (n = 4420)

Full-text articles assessed for eligibility (n = 176)

Studies included in quantitative synthesis (meta-analysis) (n = 16)

Full-text articles excluded, with reasons (n = 160)
  - Disease criterion = 4
  - Intervention/exposure = 30
  - No primary data = 43
  - Duplicate = 55
  - Design (case study, etc.) = 8
  - Complex intervention = 20