Figure 1 PRISMA flow diagram showing the different phases involved in the search process

1165 records identified through database searching

127 additional records identified through other sources

328 records after duplicates removed

964 records screened

871 records excluded

93 full-text articles assessed for eligibility

13 full-text articles excluded, with reasons

80 studies included in qualitative synthesis

80 studies included in quantitative synthesis (meta-analysis)