Figure 1: PRISMA article selection flowchart.

### Database # articles
- PubMed: 96
- Cochrane Library: 126
- WOS: 32
- Scopus: 268
- CINAHL: 54
  \[ n = 576 \]

### Excluded Reading title \( n = 463 \)

### Articles after excluded reading title
  \[ n = 113 \]

### Excluded duplicates
  \[ n = 23 \]

### Selected for full reading
  \[ n = 90 \]

### Excluded after critical reading
- Insufficient description of population, methodology.
- Inadequate monitoring.
- Inadequate interpretation of the results.
  \[ n = 47 \]

### Included articles
  \[ n = 43 \]

### RS studies
  \[ n = 30 \]

### RS MA studies
  \[ n = 13 \]