Figure 1: Flow diagram of the study selection process.

Records identified through database searching (n=1190)

Additional records identified through other sources (n=13)

Total 1203 records.

Records excluded (n=1176)

Excluded (n=15);
- Type of participants: 10
- Type of study: 5

Records screened on the basis of title and abstract (n=27)

Full text articles assessed for eligibility relating to quality of RCT (n=12)

Excluded (n=7);
- low quality RCTs

Total of studies included in narrative synthesis (n=5)