Records identified through database searching
n = 6451

Title & abstracts screened
n = 2472

Studies eligible for meta-analysis
n = 18
(351 potential estimates)

Full text articles accessed for eligibility
n = 549

Studies included in meta analysis
n = 13
(122 final estimates)

sRPE with (# estimates):
- TD per min (9)
- HSRD per min (8)
- AL per min (7)
- Impacts per min (6)
- TD (2)
- HSRD (2)

sRPE-TL with (# estimates):
- TD (11)
- HSRD (16)
- VHSRD (5)
- AL (20)
- Impacts: (12)

TRIMP with (# estimates):
- TD: (2)
- HSRD: (7)
- VHSRD: (4)
- AL (11)

Records removed
n = 1923
by reason (exclusion codes*):
- #1: n = 195
- #2: n = 206
- #3: n = 491
- #4: n = 315
- #5: n = 62
- #6: n = 588
- #7: n = 66

Records removed
n = 531
by reason (exclusion codes*):
- #2: n = 4
- #3: n = 6
- #4: n = 28
- #6: n = 20
- #8: n = 103
- #9: n = 195
- #10: n = 174
- Insufficient information: n = 1

Duplicates removed
n = 3979

Records identified through database searching
n = 6451

Full text articles accessed for eligibility
n = 549

Studies included in meta analysis
n = 13
(122 final estimates)