Figure 1. Flow diagram of the study selection process

Records identified through database searching (n = 804)

Additional records identified through references list (n = 17)

Records after duplicates removed (n = 548)

Records screened by title or abstract (n = 316)

Records excluded after abstract analysis (n = 232)

Full-text articles assessed for eligibility (n = 84)

Full-text articles excluded, with reasons (n = 56)
Not original investigation (n=8)
Not relevant outcomes (n=22)
Not young adult (n=10)
Other (n=16)

Studies included in qualitative and quantitative synthesis (meta-analysis) (n = 28)