Figure 1. Study flow chart from identification through to inclusion of final studies

**IDENTIFICATION**
Records identified through database searching
n = 315

**SCREENING**
Records after duplicates removed
n = 252
records excluded
n = 239
from the title and abstract for not meeting the inclusion criteria.

**ELIGIBILITY**
Records screened
n = 252
Full text articles assessed for eligibility
n = 14
(n=1 identified from the reference list of another full text)

**INCLUDED**
Studies included in systematic review
n = 4
full text articles excluded, with reasons
n = 10 (3 studies it was not possible to separate those patients with a respiratory diagnosis compared to other conditions [20/21/22]; 1 study included patients who did not have a respiratory diagnosis affecting breathing [23]; 3 studies did not explore the effects of an intervention[24,25,26]; 1 study was a mediational analysis of an included paper [27]; 1 study used a qualitative study design [28]; 1 study it was not possible to separate those who experienced an acute respiratory infection (ARI) compared to those who did not [29].