Figure 1. Flow chart of study inclusion and exclusion process

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| --- | --- | --- | --- |
| Records identified through search, *K* = 3011 | | | |
|  |  |  |  |
| Full-text articles assessed for eligibility, *K* = 138 | | | |
|  |  |  |  |
| Studies included total, *K*  = 27 | | Full-text articles excluded, *K* = 111 | |
| meta-analysis, *k* = 11  narrative synthesis, *k* = 12  meta-analysis & narrative synthesis; *k =* 4 | | design, *k =* 8  intervention, *k =* 38  participants, *k =* 14  outcomes, *k =* 45  publication status, *k =* 6 | |