PRISMA 2009 Flow Diagram

1. **Records identified through database searching (CINAHL, Medline, PsycInfo, Cochrane)**
   - (n = 580)

2. **Additional records identified through other sources (e.g. through citation searching and grey literature searching)**
   - (n = 20)

3. **Records after duplicates removed**
   - (n = [580 + 20 – 250 duplicates] 350)

4. **Records screened (through looking at titles and abstracts only)**
   - (n = 350)

5. **Records excluded using clear exclusion and inclusion criteria**
   - (n = 300)

6. **Full-text articles assessed for eligibility**
   - (n = 50)

7. **Full-text articles excluded, using clear exclusion and inclusion criteria**
   - (n = 32)

8. **Studies included in qualitative synthesis**
   - (n = 10)

9. **Studies included in quantitative synthesis (meta-analysis)**
   - (n = 8)

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For more information, visit [www.prisma-statement.org](http://www.prisma-statement.org).