

1743 publications identified from four electronic databases and hand searches through relevant reviews, commentaries and studies.

1705 excluded.  
Reasons for exclusions include removal of duplicates or ineligible samples, designs or outcome measures.

38 considered potentially eligible for inclusion

1 study identified from a hand search of reference sections, forward citation searches and contact with relevant authors

24 studies excluded.  
*Reasons for exclusions:*  
Ineligible study design  $n = 14$   
Ineligible outcomes  $n = 6$   
Ineligible sample  $n = 1$   
Ineligible intervention  $n = 3$

15 eligible papers identified describing data from 14 trials.