

2526 citations were identified through the electronic search strategy

310 duplicate studies were excluded

2216 citation titles and abstracts were screened for eligibility

2142 irrelevant studies were excluded

74 potentially relevant studies required full text review following title and abstract screening

9 articles with no full text, 33 studies with insufficient data, and 1 very old article were all excluded

31 studies met the eligibility criteria for inclusion

3 studies were identified through grey literature (bibliographies)

14 studies were excluded: 6 had inadequate methodology and 8 poor quality

20 relevant, non-duplicated studies were found

**20 studies were included in the review and analysis**