

**479** publications  
identified

**323** publications excluded  
(duplicated\*)

**156** publications  
selected

**136** publications excluded:

- a. Descriptive studies (87)  
    review articles (9)  
    historical and theoretical articles (78)
- b. Articles without control group (3)
- c. Not specific articles (39)
- d. Articles without standard deviation (7)

**20** publications included:

- Randomised clinical trial (1)
- Time interrupted series (1)
- Cohort studies (20)