

Literature search:

Mainstream databases (e.g. MEDLINE, EMBASE) and other databases

Search results
combined
(n=154)

*Articles screened on
basis of title and
abstract*

Included
(n=37)

Excluded (n=117)

Devoid of relevant maternal or infant outcomes
No control group
No lifestyle, dietary, health education or
exercise intervention
GDM, Pre-pregnancy diabetes or PCOS

*Full text
manuscript review
and application of
inclusion criteria*

Excluded (n=18)

Trial protocol (2)
Data not complete (4)
Duplicate publication data (2)
Observational study (1)
Outcome data not relevant (8)
Pilot RCT with small sample size (1)

RCTs
(n=13)

Non-RCTs
(n=6)