

Results from Medline, PubMed, EMBASE, Web of Knowledge, Cochrane Database of Systematic Reviews, Google Scholar & reference lists ($n = 785$, excluding duplicates)

Eligible titles / abstracts ($n = 308$)

Application of exclusion criteria: (1) Expert opinion papers; (2) Review papers; (3) Applied research papers rated as being of 'poor' quality (as recommended by the Cochrane Handbook, 2006)

Papers included in review matrix ($n = 60$)

Quantitative research papers rated as 'moderate' or 'strong' ($n = 10$)

Qualitative research and case reports (+/- program evaluation) ($n = 50$)