Records identified through database searching (n = 6004)
- Medline (Ovid) (n=961)
- PsycInfo (Ovid) (n=2462)
- Eric (Ovid) (n=420)
- Scopus (n=2161)

Records identified through other sources: Reference lists of included studies, relevant Journals (n=27)

Records after duplicates removed (n = 5016)

Search update for Medline, PsycInfo, Eric, Scopus (n=352)
Gray literature searches
- Dart Europe (n=310)
- Open Grey (n=250)
- Base Bielefeld (n=144)
- Dissertations & Theses (n=499)

Records screened by title/abstract (n=6571)

Records excluded (n = 6519) as not fulfilling inclusion-exclusion criteria

Full-text articles assessed for eligibility (n = 52)

Full-text articles excluded (n = 26)
- Post-intervention follow-up < 3 months (n=11)
- Not enough data to calculate ES (n=6)
- Not RCT (n=5)
- Not relevant population (n=3)
- Not relevant outcome (n=1)

Studies included in quantitative synthesis (meta-analysis) (n = 26)