Records identified through database searching total (n = 4514)

- MEDLINE via EBSCO (n=505)
- EMBASE (n=3296)
- CENTRAL (n=500)
- PsycINFO (n=213)

Additional records identified through other sources total (n=358)

- ITRP (n=82)
- ClinicalTrials.gov (n=262)
- Guidelines (n = 14)

Records after duplicates removed (n = 4085)

Records excluded (n = 4005)

Full-text articles excluded (n = 81)

- Background article (n=4)
- Wrong intervention (n=22)
- Wrong population (n=41)
- Non randomized (n=11)
- Other reasons for exclusion (n=3)

Records screened (n = 107)

Studies excluded (n=9)

- Duplicated protocols (n=4)
- Abstracts of other included studies (n=3)
- Same RCTs of other included studies (n=2)

Full-text articles assessed for eligibility (n = 26)

Studies included in qualitative synthesis (n = 17)

Studies included in quantitative synthesis (meta-analysis) (n = 9)

Additional records identified through other sources (n=27)

- Full-text articles or relevant articles (n=20)
- Records screened by search update (n=7)