PRISMA 2009 Flow Diagram

Records identified through google scholar searching and no additional records identified through other sources (n > 5000)

Records excluded because they did not fit with the criteria used in the study (n = 300)

Records screened based on article title (n 800)

Full-text articles excluded because they did not fit with the criteria used in the study (n =356)

Studies included in quantitative synthesis (meta-analysis) (n = 144)


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