**PRISMA 2009 Flow Diagram**

Full-text articles assessed for eligibility

(n = 26)

 20 articles were excluded with reasons listed as the following.

Participants did not meet the inclusive criteria (n = 8)

Duplication (n = 2)

No control group (n =3)

No data for extraction (n =7)

**Identification**

**Screening**

**Eligibility**

**Included**

Records identified through database searching

(n =161)

Additional records identified through other sources

(n = 10)

Records after duplicates removed

(n =122)

Records screened

(n =122)

Records excluded

(n =96)

 PRISMA 2009 Flow Diagram

Studies included in the review (n = 6)

Studies included in quantitative synthesis (meta-analysis)
(n = 6)