Records identified through database searching: PubMed, Web of Science and Scopus "studies published up to December 14 2018" (n = 89)Records after duplicates removed (n = 33)Records screened Records excluded for reasons specified in (n = 33)the Methods section (n = 22) Full-text articles excluded (n= 2) for the Full-text articles assessed for following main reasons: eligibility unsatisfactory study design (n= 1) (n = 11)unsatisfactory outcome measure (n= 1) Studies included in qualitative synthesis (n = 9)Studies included in quantitative synthesis (meta-analysis, n = 9)n = 5 cross-sectional studies n = 4 longitudinal studies