Records identified through database searching PubMed, Web of Science and Scopus for “studies published up to November 25, 2018” (n = 81)

Records after duplicates removed (n = 72)

Records screened (n = 72)

Records excluded for reasons specified in the Methods section (n = 56)

Full-text articles assessed for eligibility (n = 16)

Full-text articles excluded (n = 3) for the following main reasons: unsatisfactory inclusion criteria (n = 2) unsatisfactory outcome measures (n = 1)

Studies included in qualitative synthesis (n = 13)

Studies included in quantitative synthesis (meta-analysis, n = 13) n = 11 cross-sectional or case-control studies n = 2 longitudinal studies