

**Citations from electronic database search:**

|                             |     |
|-----------------------------|-----|
| MEDLINE                     | 405 |
| EMBASE                      | 183 |
| Cochrane                    | 227 |
| CINAHL/SportDiscus/PsycInfo | 289 |

**Total Citations Downloaded to RefWorks:**

|                   |      |
|-------------------|------|
| Total in RefWorks | 1104 |
|-------------------|------|



**Total with Duplicates Excluded (N = 1091)**



**Full Articles Assessed for Eligibility  
after Scanning Titles (N=80)**

**Citations Excluded after Scanning  
Titles (N = 1011)**



**Articles added through referencing  
(N = 1)**



**Articles Excluded after Full Review (N  
= 64)**

Reasons: non experimental (N=16); did  
not include 3 levels of physical activity  
(N=14); Reviews, summaries (N=17)  
dissertations, thesis, and abstracts (N=8);  
other (N=9)



**Articles Included (N=17) plus (N=8)  
articles added at author's discretion**

**Total N=25**