

2,450 citations identified

2,006 references excluded on the basis of the title and abstract

- 222 not reports of randomized trials
- 1,784 two-arm RCTs or derived from RCTs
 - 1,214 two-arm trials
 - 434 secondary publications
 - 90 crossover trials
 - 46 cluster trials

444 potentially relevant articles

146 articles excluded after reading the full text

- 18 not RCTs
- 128 RCTs or derived from RCTs
 - 20 reports of multiple randomized trials
 - 42 two-arm trials
 - 66 trials with more than 2 arms
 - 56 studies derived from RCTs
 - 10 others

298 articles eligible for analysis