**Figure 1.** Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) 2020 flow diagram for the analysis.

**Identification of studies via databases and registers**

Records removed before screening:

Duplicate records removed (n = 48)

Records identified from:

PubMed (n = 53)

Embase (n = 154)

Cochrane library (n = 3)

ClinicalTrials.gov (n = 0)

**Identification**

Records screened

(n = 162)

Records excluded by reviewing title and abstract

(n = 153)

Reports sought for retrieval

(n = 9)

Reports not retrieved

(n = 1)

**Screening**

Reports excluded:

Repeated study group (n = 3)

Ineligible or irrelevant outcomes (n = 2)

Reports assessed for eligibility (n = 8)

**Included**

Studies included in this analysis (n = 3)