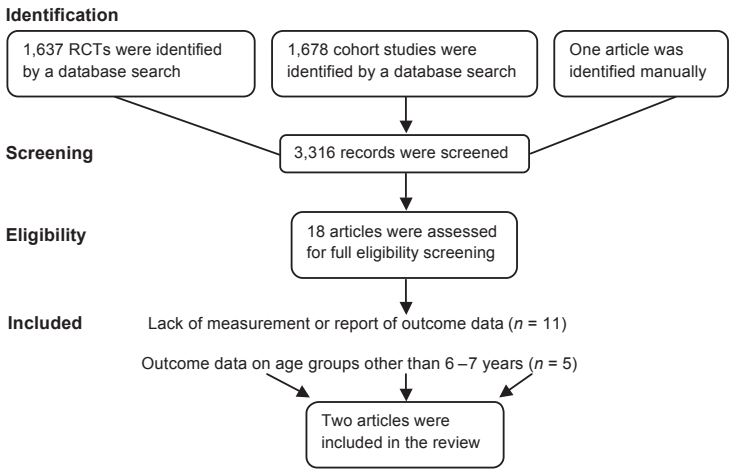

Fig. 1. Article inclusion. RCT: randomized control trials.