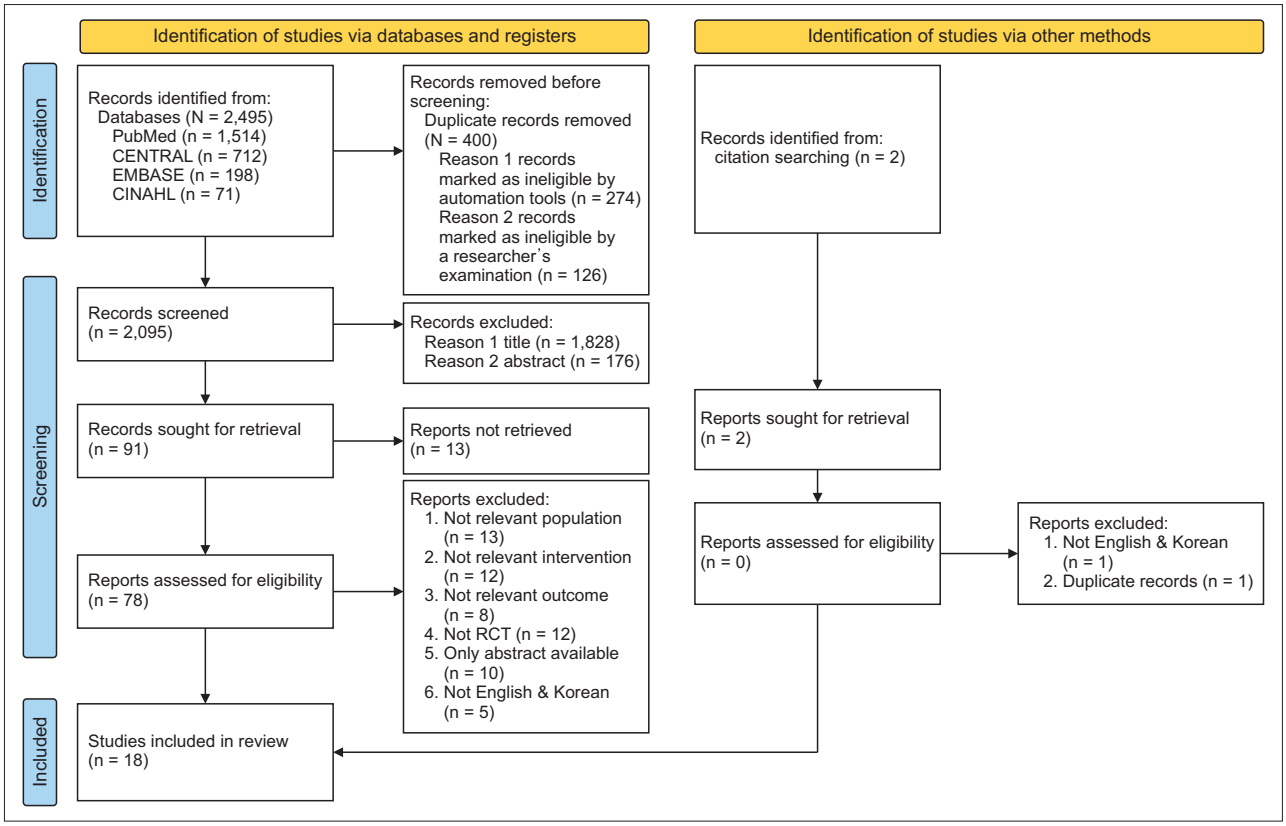

RCT = Randomized controlled trial.

Supplementary Figure 1. Flow diagram of study selection.