Figure 1. PRISMA Flow Diagram

Records identified through Medline, PsycInfo and Web of science searching (n = 835)

Additional records identified (n = 23)

Records after duplicates removed (n = 858)

Records excluded (n = 766)
- don’t match with the subject
- articles on eating disorders, weight gain, diabetes or obesity, pharmacokinetic studies

Records screened (n = 858)

Full-text articles assessed for eligibility (n = 92)

Full-text articles excluded, with reasons (n = 0)

Studies included in qualitative synthesis (n = 92)
Reviews n = 25, trials n = 36
Others n = 31


For more information, visit www.prisma-statement.org.