Table S1. Descriptive characteristics of studies

Study #	N	Intervention	Follow-up (months)
1	81	Yes	6
2	104	Yes	12
5	63	No	12
6	81	No	12
7	54	Yes	4
8	123	Yes	12
10	53	No	6
11	69	No	9
12	108	No	12
13	48	No	9
15	132	No	12
Totals	916		