Electronic Database searches (n=2491): Medline (n=792), Embase (n=1539), Cochrane (n=97), KoreaMED (n=63), KMBase (n=1)

Records after duplicates removed (n=568)

Records screened (n=1924)

Full-text articles assessed for eligibility (n=135)

Studies included in qualitative synthesis (n=4)

Studies included in quantitative synthesis (meta-analysis) (RCT n=4)

Records excluded (n=1789)
1) Review including letter, note and editorial (n=520)
2) Case report (n=21)
3) No abstract (n=11)
4) Unrelated (n=1115)
5) Focus on child (n=2)
6) Duplication (n=120)

Full-text articles excluded, with reasons (n=131)
1) No interest outcome (n=19)
2) Case report (n=6)
3) No interest population (n=45)
4) Ineligible (n=43: no Sydney method [n=24], single arm [n=14], Cohort study [n=5])
5) Review (n=6)
6) Duplication (n=3)
7) Not obtained full text (n=9)

Supplementary Fig. 13. PRISMA flow diagram for literature selection process for key question #5. PRISMA, Preferred Reporting Items for Systematic reviews and Meta-analyses; RCT, randomized controlled trial.