**606 articles identified through PubMed/MEDLINE, web of science, Scopus, and Embase databases searching**

**Identification**

**289 articles after duplicates removed**

**Screening**

**317 articles screened**

**286 articles excluded based on title and abstract**

**31 full-text articles examined for eligibility**

**Eligibility**

**21 full-text articles excluded**

* No control group
* studies reported duplicate data
* studies included no data of interest

**10 studies were included in meta-analysis**

**Included**

**Supplemental figure1. Flow chart for study examined and included into the meta-analysis.**