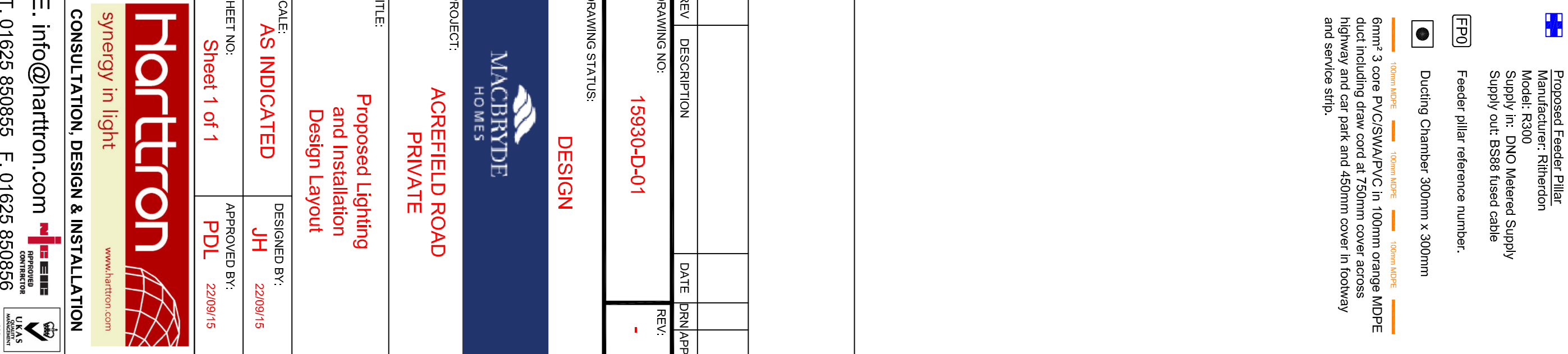


TABLE 1  
 Summary of the 10 studies included in the meta-analysis. The studies are listed in chronological order of publication. The first column shows the author and year of publication. The second column shows the study design. The third column shows the number of studies included in the meta-analysis. The fourth column shows the number of studies excluded from the meta-analysis. The fifth column shows the reason for exclusion. The sixth column shows the study title. The seventh column shows the study location. The eighth column shows the study duration. The ninth column shows the study population. The tenth column shows the study intervention. The eleventh column shows the study outcome. The twelfth column shows the study conclusion.



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