**Identification of studies via databases and registers**

Records identified from\*:

Databasis (n= 2213)

WOS (n= 787)

Pubmed (n=635)

Scopus (n=791)

Records removed *before screening*:

Duplicate records removed (n =1005 )

Identification

Records screened

(n = 1208 )

Records excluded\*\*

(n = 1135)

Screening

Reports sought for retrieval

(n = 71 )

Reports not retrieved

(n =0 )

Reports assessed for eligibility

(n = 71 )

Reports excluded:

Blended Design (n=8)

Non usable data (n =5 )

No SITB evaluated (n=4)

Not RCT (n = 3)

Adherence Focus (n =3 )

Reanalysed Data (n=3)

Protocol (n=2)

Blended Outcome (n=2)

Included

Studies included in review

(n =41 )

Reports of included studies

(n = 41)

\*Consider, if feasible to do so, reporting the number of records identified from each database or register searched (rather than the total number across all databases/registers).

\*\*If automation tools were used, indicate how many records were excluded by a human and how many were excluded by automation tools.

*From:*  Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. BMJ 2021;372:n71. doi: 10.1136/bmj.n71

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