**Identification of studies via databases and registers**

Records identified from:

Total (n = 3,287)

WOS (n = 1,319)

Pubmed (n = 742)

Scopus (n = 1,226)

Records removed *before screening*:

Duplicate records removed (n = 2,901)

**Identification**

Records screened

(n = 386)

Records excluded

(n = 313)

Reports sought for retrieval

(n = 71)

Reports not retrieved

(n = 0)

**Screening**

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)

Studies included in review

(n = 41 )

Reports of included studies

(n = 41 )

**Included**