**Identification of studies via databases and registers**

Records identified from\*:

Databases (n = 2213)

WOS (n = 787)

Pubmed (n = 635)

Scopus (n = 791)

Records removed *before screening*:

Duplicate records removed (n = 1005)

Identification

Screening

Records screened

(n = 1208)

Records excluded\*\*

(n = 1135)

Reports sought for retrieval

(n = 71)

Reports not retrieved

(n = 0)

Reports assessed for eligibility

(n = 71)

Reports excluded:

Blended Design (n = 9)

Non usable data (n = 5)

No SITB evaluated (n = 4)

Adherence Focus (n = 3)

Reanalysed Data (n = 3)

Protocol (n = 2)

Blended Outcome (n = 2)

Included

Studies included in review

(n = 40)