**Table S1:** Modified Preferred Reporting Items for Systematic Reviews and Meta‐Analysis (PRISMA) indicating the number of studies considered at each step of the literature search.

**Eligibility**

**Included**

**Identification**

**Screening**

Records identified through database searching

**(N= 958)**

additional records identified through other sources

**(N = 10)**

945 of records after duplicates removed

255 of records screened

690 excluded

72 of full-text articles assessed for eligibility

Missing data

**N = 8**

Studies included in quantitative synthesis (meta-analysis)

**N = 72**

Experimental design

**N = 100**

No effect measurements

**N = 59**

**Papers included in Metanalysis**

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