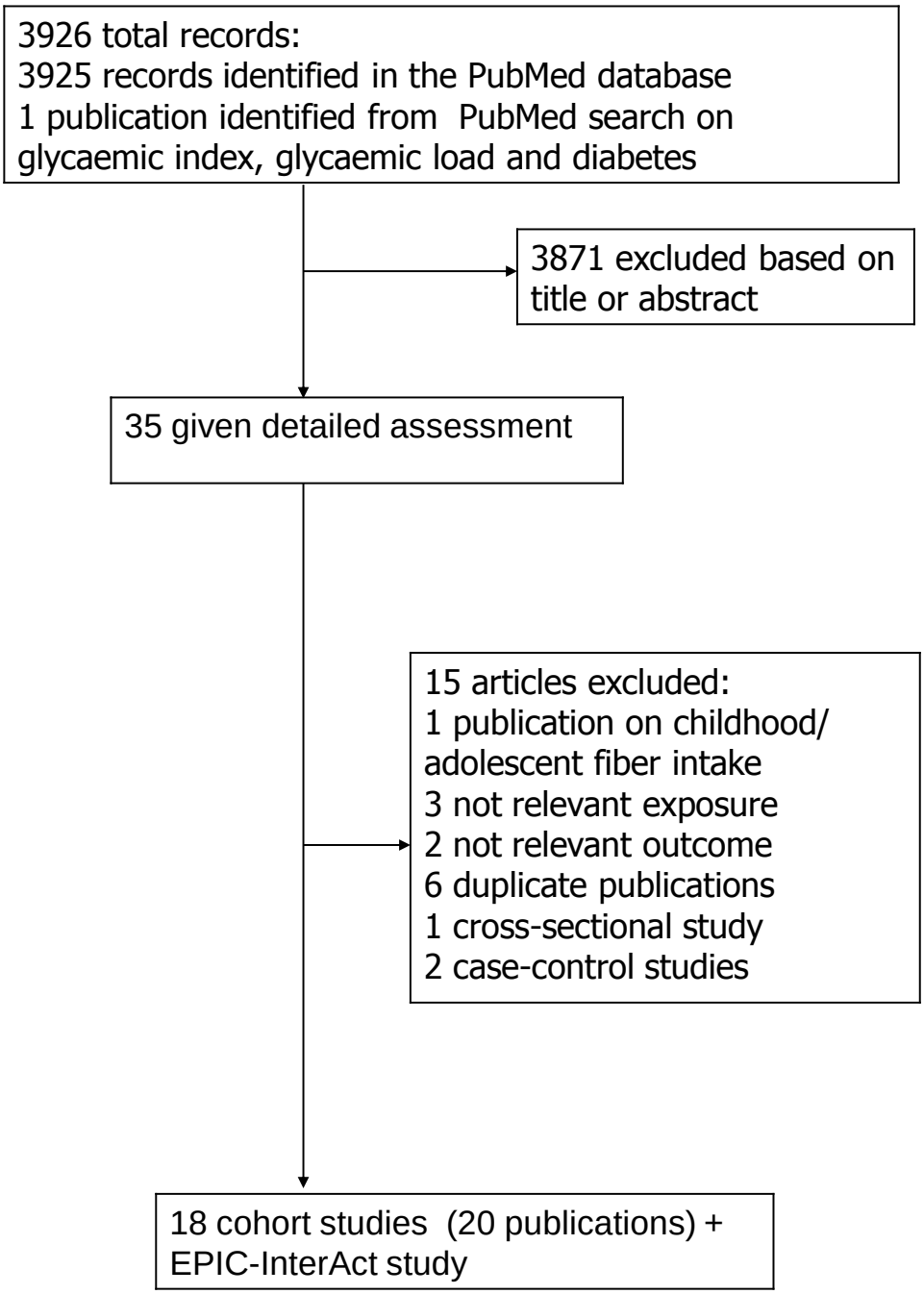**ESM Figure 1:** Flow-chart of study selection for the meta-analysis