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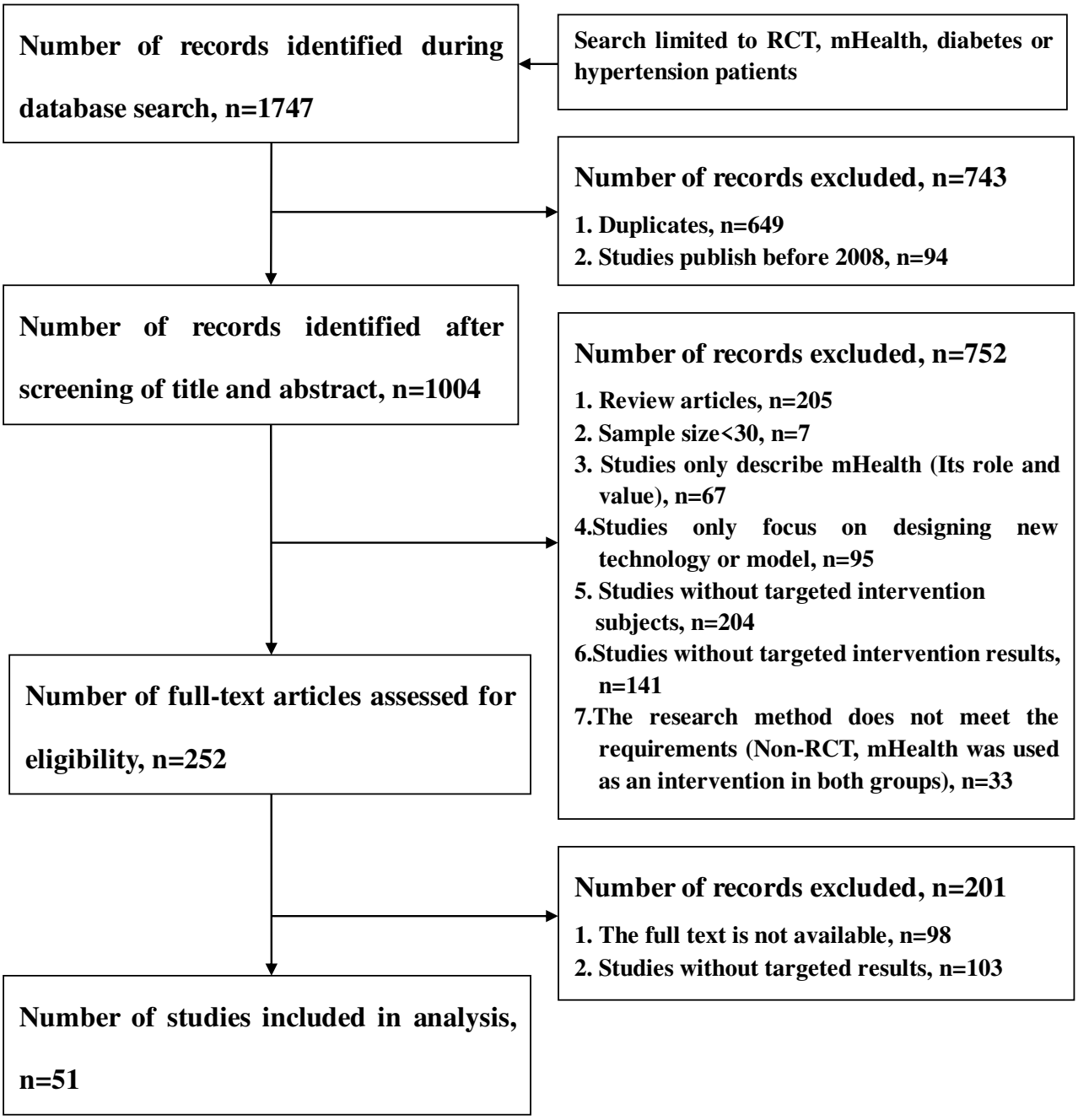

Figure 1 Flow chart of the literature search and study selection procedures

RCT: Randomized controlled trial; mHealth: mobile health.