Figure 2. Flow of studies through the review process

Records identified through database search (n = 7602)

Duplicates excluded (n = 484)

Records screened by title and abstract (n = 7118)

Records excluded (n = 7021)

Full-text assessed for eligibility (n = 97)

Full-text excluded with reasons (n = 79)
- Study sample too old/young (n = 5)
- Inappropriate study design (n = 29)
- No mechanisms assessed (n = 11)
- No mental health outcomes (n = 23)
- No physical activity intervention (n = 10)
- Not refereed journal article (n = 1)

Additional relevant articles retrieved (n = 7)

Studies included in review (N = 25)