

Period	Period of Review	Number of Participants in the Study	Age Range	Gender	Number of Study Sessions	Duration	Study Location	Study Design	Study Population	Study Duration	Study Results	Study Conclusions	Study Limitations	Study Strengths	Study Recommendations	Study Acknowledgments
1	2020-2021	100	18-25	Male	10	1 hour	Online	Randomized Controlled Trial	100	10 weeks	100%	100%	100%	100%	100%	100%
2	2021-2022	100	18-25	Female	10	1 hour	Online	Randomized Controlled Trial	100	10 weeks	100%	100%	100%	100%	100%	100%
3	2022-2023	100	18-25	Male	10	1 hour	Online	Randomized Controlled Trial	100	10 weeks	100%	100%	100%	100%	100%	100%
4	2023-2024	100	18-25	Female	10	1 hour	Online	Randomized Controlled Trial	100	10 weeks	100%	100%	100%	100%	100%	100%