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**Supplementary Table 1**. Search Strategy

| Database | Retrieval date | Detailed search strategy |
|---|---|---|
| PubMed | April 21, 2022 | **#1** "Fibromyalgia "[Mesh]<br>**#2** "fibromyalgia syndrome"[Title] OR fibromyalgi*[Title] OR fibrositis[Title]<br>**#3** #1 OR #2<br>**#4** "Exercise"[Mesh] OR "Exercise Therapy"[Mesh] OR "Exercise Movement Techniques"[Mesh] OR "Physical Fitness"[Mesh] OR "Physical Endurance"[Mesh] OR "Muscle Strength"[Mesh] OR "Muscle Fatigue"[Mesh]<br>**#5** exercise*[Title/Abstract] OR movement*[Title/Abstract] OR stretch*[Title/Abstract] OR aerobic*[Title/Abstract] OR anaerobic[Title/Abstract] OR walk*[Title/Abstract] OR swim*[Title/Abstract] OR cycl*[Title/Abstract] OR run*[Title/Abstract] OR yoga[Title/Abstract] OR tai chi[Title/Abstract] OR pilates[Title/Abstract]<br>**#6** (resistance near/3 train*[Title/Abstract]) OR stamina[Title/Abstract] OR (physical near/3 fit*[Title/Abstract]) OR ((musc*[Title/Abstract] OR neuromusc*[Title/Abstract]) near/3 fatigue)<br>**#7** #4 OR #5 OR #6<br>**#8** ("Randomized Controlled Trial"[Publication Type] OR "Controlled Clinical Trial"[Publication Type] OR "Clinical Trials as Topic"[Mesh:NoExp] OR randomized[Title/Abstract] OR placebo[Title/Abstract] OR randomly[Title/Abstract] OR Trial[Title]) NOT (animals[Mesh] NOT (humans[Mesh] AND animals[Mesh]))<br>**#9** #3 AND #7 AND #8 |
| Cochrane Central Register of Controlled Trials | April 21, 2022 | **#1** MeSH descriptor: [Fibromyalgia] explode all trees<br>**#2** (fibromyalgia syndrome):ti OR (fibromyalgi*):ti OR (fibrositis):ti<br>**#3** #1 OR #2<br>**#4** MeSH descriptor: [Exercise] explode all trees<br>**#5** MeSH descriptor: [Exercise Therapy] explode all trees<br>**#6** MeSH descriptor: [Exercise Movement Techniques] explode all trees<br>**#7** MeSH descriptor: [Physical Fitness] explode all trees<br>**#8** MeSH descriptor: [Physical Endurance] explode all trees<br>**#9** MeSH descriptor: [Muscle Strength] explode all trees<br>**#10** MeSH descriptor: [Muscle Fatigue] explode all trees<br>**#11** (exercise*):ti,ab,kw OR (movement*):ti,ab,kw OR (stretch*):ti,ab,kw OR (aerobic*):ti,ab,kw OR (anaerobic):ti,ab,kw<br>**#12** (walk*):ti,ab,kw OR (swim*):ti,ab,kw OR (cycl*):ti,ab,kw OR (run*):ti,ab,kw OR (yoga):ti,ab,kw<br>**#13** (tai chi):ti,ab,kw OR (pilates):ti,ab,kw<br>**#14** (resistance near/3 train*):ti,ab,kw OR (stamina):ti,ab,kw OR (physical near/3 fit*):ti,ab,kw<br>**#15** ((musc* OR neuromusc*) near/3 fatigue):ti,ab,kw<br>**#16** #4 OR #5 OR #6 OR #7 OR #8 OR #9 #10 OR #11 OR #12 OR #13 OR #14 OR |

| | | #15 |
|---|---|---|
| | | **#17** #3 AND #16 |
| Embase | April 21, 2022 | **#1** 'fibromyalgia'/exp/mj |
| | | **#2** 'fibromyalgia syndrome':ti OR fibromyalgi*:ti OR fibrositis:ti |
| | | **#3** #1 OR #2 |
| | | **#4** 'exercise'/exp/mj OR 'kinesiotherapy'/exp/mj OR 'fitness'/mj OR 'endurance'/mj OR 'muscle strength'/mj OR 'muscle fatigue'/mj |
| | | **#5** exercis*:ab,ti OR movement*:ab,ti OR stretch*:ab,ti OR aerobic*:ab,ti OR anaerobic*:ab,ti OR walk*:ab,ti OR swim*:ab,ti OR cycl*:ab,ti OR run*:ab,ti OR yoga:ab,ti OR 'tai chi':ab,ti OR pilates:ab,ti |
| | | **#6** 'resistance adj3 train*':ab,ti OR stamina:ab,ti OR 'physical adj3 fit*':ab,ti OR ((musc*:ab,ti OR neuromusc*:ab,ti) AND 'adj3 fatigue':ab,ti) |
| | | **#7** #4 OR #5 OR #6 |
| | | **#8** 'crossover procedure'/exp OR 'double blind procedure'/exp OR 'randomized controlled trial'/exp OR 'single blind procedure'/exp |
| | | **#9** random*:ti,ab,kw OR factorial*:ti,ab,kw OR crossover*:ti,ab,kw OR ((cross NEXT/1 over*):ti,ab,kw) OR placebo*:ti,ab,kw OR ((doubl* NEAR/1 blind*):ti,ab,kw) OR ((singl* NEAR/1 blind*):ti,ab,kw) OR assign*:ti,ab,kw OR allocat*:ti,ab,kw OR volunteer*:ti,ab,kw |
| | | **#10** #8 OR #9 |
| | | **#11** #3 AND #7 AND #10 |
| NIH ClinicalTrials.gov | April 21, 2022 | **Condition or disease**: fibromyalgia |
| | | **Other terms**: exercise |
| | | **Age Group**: Adult (16-64) OR Older Adult (65+) |
| | | **Sex**: All |
| | | **Study type**: Interventional (Clinical Trial) |
| | | **Study Results**: With Results |

**Supplementary Table 2**. Various exercise interventions for fibromyalgia syndrome

| Exercise Interventions | Specific items |
|---|---|
| 1. Land-based aerobic exercises, LAE | Land aerobic exercises, Home aerobic exercises, Endurance training, Cardiovascular fitness training program, Gymnastic-based aerobic exercise program, Lifestyle physical activity* |
| 2. Pool-based aerobic exercises, PAE | Aquatic aerobic exercises |
| 3. Mind-body exercises, MBE | Pilates, Yoga, Tai Chi, Qigong, Breathing exercises, Ba-Duan-Jin |
| 4. Strength or resistance exercises, SRE | Strengthening exercises, Resistance exercises |
| 5. Stretching exercises, STE | Stretching exercises, Flexibility exercises, Relaxation and flexibility exercises, Family relaxation and stretching exercises |
| 6. Sensorimotor training, SME | Sports games, Dance, Balance exercise, Core stability exercises |
| 7. Whole body vibration, WBV | Vertical WBV, Rotational WBV |
| 8. Non-intervention control, NC | As usual, Control group, waiting-list control group |
| 9. Active control, AC | Individual health education, Sham movement, Relaxation |

* Lifestyle physical activity, which involves any type of moderate-intensity activity such as walking, housecleaning, shopping, and gardening.

**Supplementary Table 3**. Scales for various outcome measures

| Outcome Measure | Validated Scales |
| --- | --- |
| Quality of Life | The Fibromyalgia Impact Questionnaire (FIQ) or its modified version (FIQR) |
| Pain Intensity | Visual Analogue Scale (VAS), Faces Pain Scale (FPS), Visual Numerological Scale (VNS), Number Rating Scale (NRS), Brief Pain Inventory (BPI) |
| Depression Level | Beck depression Inventory (BDI), The Center for Epidemiology Scale-Depression (CES-D), The Hospital Anxiety and Depression Scale-Depression (HADS-D), Hamilton Depression Scale (HAM-D), Visual Numerological Scale, Patient Health Questionnaire (PHQ-9) |
| Anxiety Level | The Hospital Anxiety and Depression Scale- Anxiety (HADS-A), Beck Anxiety Inventory (BAI), State-Trait Anxiety Inventory (STAI), Visual Numerological Scale, Generalized Anxiety Disorder (GAD-7) Scale |
| Sleep Quality | The Pittsburgh Sleep Quality Index (PSQI), Visual Numerological Scale, medical outcomes study (MOS) sleep scale |

**Supplementary Table 4**. Global Inconsistency of All Outcomes

| Outcome | Q score | P-value | $\tau^2$ | $I^2$ |
|---|---|---|---|---|
| Quality of life | 122.42 | 0.0001 | 5.7896 | 65.7% |
| Pain | 100.81 | 0.0001 | 0.5793 | 64.3% |
| Sleep | 47.61 | 0.0001 | 0.8984 | 70.6% |
| Anxiety | 22.72 | 0.0650 | 1.0901 | 38.4% |
| Depression | 286.88 | 0.0001 | 20.3430 | 91.3% |

**Supplementary Table 5**. Certainty of Direct Evidence Assessment

| Quality of life | | | | | | | |
|---|---|---|---|---|---|---|---|
| Comparison | No. | Risk of bias | Inconsistency | Indirectness | Publication bias | SMD (95% CI) | Certainty of evidence |
| AC vs LAE | 2 | Not Serious | Not Serious | Not Serious | Unclear[1] | 5.98 (1.68, 10.28) | **High** |
| AC vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 18 (-0.51, 36.51) | **High** |
| AC vs SRE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 4.9 (-3.16, 12.96) | **High** |
| LAE vs MBE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 0.4578 (-5.49, 6.41) | **Moderate** |
| LAE vs NC | 9 | Serious[4,5] | Not Serious | Serious[6] | Unclear[1] | -8.91 (-12.54, -5.27) | **Low** |
| LAE vs PAE | 5 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 1.75 (-1.20, 4.69) | **Moderate** |
| LAE vs SME | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -15.73 (-30.07, -1.39) | **High** |
| LAE vs STE | 2 | Not Serious | Serious[7] | Serious[6] | Unclear[1] | -0.57 (-4.51, 3.37) | **Low** |
| MBE vs NC | 4 | Not Serious | Not Serious | Not Serious | Unclear[1] | -12.99 (-17.68, -8.30) | **High** |
| MBE vs PAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -7.00 (-18.04, 4.04) | **High** |
| MBE vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -14.00 (-26.43, -1.57) | **High** |
| NC vs PAE | 4 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 4.07 (0.51, 7.62) | **Moderate** |
| NC vs SME | 4 | Serious[4] | Not Serious | Serious[6] | Unclear[1] | 2.02 (-1.02, 5.06) | **Low** |
| NC vs SRE | 4 | Serious[4] | Not Serious | Serious[6] | Unclear[1] | 11.17 (4.05, 18.30) | **Low** |
| NC vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 14.87 (-1.87, 31.61) | **High** |
| NC vs WBV | 3 | Not Serious | Not Serious | Not Serious | Unclear[1] | 9.23 (4.39, 14.08) | **High** |
| SME vs STE | 2 | Serious[4] | Serious[7] | Serious[6] | Unclear[1] | -11.11 (-19.46, -2.76) | **Very Low** |
| SRE vs STE | 5 | Serious[3] | Not Serious | Serious[6] | Unclear[1] | -2.89 (-6.71, 0.92) | **Low** |
| Pain | | | | | | | |
| Comparison | No. | Risk of bias | Inconsistency | Indirectness | Publication bias | SMD (95% CI) | Certainty of evidence |
| AC vs LAE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 0.71 (-0.77, 2.19) | **Moderate** |
| AC vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 3.70 (1.46, 5.94) | **High** |
| AC vs SRE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 14.80 (6.02, 23.58) | **High** |
| LAE vs MBE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 0.45 (-0.76, 1.65) | **Moderate** |
| LAE vs NC | 7 | Serious[4] | Not Serious | Serious[6] | Unclear[1] | -0.52 (-1.42, 0.39) | **Low** |
| LAE vs PAE | 6 | Serious[3,5] | Serious[7] | Serious[6] | Unclear[1] | 0.21 (-0.61, 1.04) | **Very Low** |
| LAE vs SME | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -11.13 (-26.71, 4.45) | **High** |
| LAE vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -1.18 (-3.08, 0.72) | **High** |
| MBE vs NC | 6 | Serious[5] | Not Serious | Serious[6] | Unclear[1] | -1.60 (-2.30, -0.90) | **Low** |
| MBE vs PAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.60 (-1.31, 2.51) | **High** |
| MBE vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -1.90 (-3.74, -0.06) | **High** |
| NC vs PAE | 3 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 1.30 (-0.03, 2.63) | **Moderate** |
| NC vs SME | 3 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 2.27 (1.08, 3.46) | **Moderate** |
| NC vs SRE | 2 | Serious[4] | Not Serious | Not Serious | Unclear[1] | 1.77 (0.17, 3.37) | **Moderate** |
| NC vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 1.80 (-0.67, 4.27) | **High** |
| NC vs WBV | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 1.12 (-0.14, 2.38) | **Moderate** |
| SME vs STE | 2 | Serious[4] | Not Serious | Serious[6] | Unclear[1] | -0.58 (-1.99, 0.83) | **Low** |
| SRE vs STE | 4 | Not Serious | Not Serious | Serious[6] | Unclear[1] | -0.59 (-2.07, 0.88) | **Moderate** |
| Sleep | | | | | | | |
| Comparison | No. | Risk of bias | Inconsistency | Indirectness | Publication bias | SMD (95% CI) | Certainty of evidence |

| Comparison | No. | Risk of bias | Inconsistency | Indirectness | Publication bias | SMD (95% CI) | Certainty of evidence |
|---|---|---|---|---|---|---|---|
| AC vs LAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.20 (-1.66, 2.06) | **High** |
| AC vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 5.30 (1.19, 9.41) | **High** |
| LAE vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -3.70 (-7.24, -0.16) | **High** |
| LAE vs NC | 2 | Not Serious | Not Serious | Not Serious | Unclear[1] | -0.18 (-6.72, 6.36) | **High** |
| LAE vs PAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.29 (-2.13, 2.71) | **High** |
| MBE vs NC | 5 | Serious[5] | Not Serious | Serious[6] | Unclear[1] | 0.06 (-0.91, 1.02) | **Low** |
| MBE vs PAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.40 (-2.51, 3.31) | **High** |
| NC vs PAE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 0.86 (-0.92, 2.63) | **Moderate** |
| NC vs SME | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 1.03 (-1.10, 3.16) | **High** |
| NC vs SRE | 3 | Serious[4] | Not Serious | Serious[6] | Unclear[1] | 2.54 (0.89, 4.19) | **Low** |
| NC vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 1.85 (-0.45, 4.15) | **High** |
| NC vs WBV | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 6.95 (3.87, 10.03) | **High** |
| SME vs STE | 1 | Serious[4] | NA[2] | Not Serious | Unclear[1] | -2.37 (-5.36, 0.62) | **Moderate** |
| SRE vs STE | 2 | Not Serious | Not Serious | Not Serious | Unclear[1] | -1.20 (-2.86, 0.47) | **High** |

| **Anxiety** | | | | | | | |
|---|---|---|---|---|---|---|---|
| Comparison | No. | Risk of bias | Inconsistency | Indirectness | Publication bias | SMD (95% CI) | Certainty of evidence |
| AC vs LAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.60 (-1.45, 2.65) | **High** |
| AC vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -1.10 (-5.04, 2.84) | **High** |
| LAE vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.10 (-2.54, 2.74) | **High** |
| LAE vs NC | 3 | Not Serious | Not Serious | Serious[6] | Unclear[1] | -2.60 (-4.99, -0.22) | **Moderate** |
| LAE vs PAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 1.70 (-1.32, 4.72) | **High** |
| LAE vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -4.83 (-9.92, 0.26) | **High** |
| MBE vs NC | 3 | Serious[5] | Not Serious | Serious[6] | Unclear[1] | -1.93 (-3.61, -0.25) | **Low** |
| NC vs PAE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 5.29 (1.23, 9.34) | **Moderate** |
| NC vs SME | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 1.79 (-0.31, 3.88) | **Moderate** |
| NC vs SRE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 1.81 (-1.42, 5.04) | **Moderate** |
| NC vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.96 (-1.67, 3.59) | **High** |
| SME vs STE | 1 | Serious[4] | NA[2] | Not Serious | Unclear[1] | -1.65 (-4.14, 0.84) | **Moderate** |
| SRE vs STE | 3 | Serious[3] | Serious[7] | Serious[6] | Unclear[1] | -0.15 (-2.84, 2.53) | **Very Low** |

| **Depression** | | | | | | | |
|---|---|---|---|---|---|---|---|
| Comparison | No. | Risk of bias | Inconsistency | Indirectness | Publication bias | SMD (95% CI) | Certainty of evidence |
| AC vs LAE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -0.10 (-8.94, 8.74) | **High** |
| AC vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 2.30 (-7.22, 11.82) | **High** |
| LAE vs MBE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 1.20 (-7.84, 10.24) | **High** |
| LAE vs NC | 9 | Serious[4,5] | Not Serious | Serious[6] | Unclear[1] | -4.09 (-7.84, -0.34) | **Low** |
| LAE vs PAE | 4 | Not Serious | Serious[7] | Serious[6] | Unclear[1] | 0.86 (-3.90, 5.61) | **Low** |
| LAE vs SME | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 7.91 (-0.99, 16.81) | **High** |
| LAE vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | -0.74 (-10.36, 8.88) | **High** |
| MBE vs NC | 3 | Serious[5] | Not Serious | Serious[6] | Unclear[1] | -2.57 (-7.88, 2.74) | **Low** |
| NC vs PAE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 2.86 (-3.84, 9.57) | **Moderate** |
| NC vs SME | 3 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 7.40 (2.00, 12.80) | **Moderate** |
| NC vs SRE | 2 | Not Serious | Not Serious | Serious[6] | Unclear[1] | 3.57 (-3.69, 10.09) | **Moderate** |
| NC vs STE | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 0.95 (-8.19, 10.09) | **High** |
| NC vs WBV | 1 | Not Serious | NA[2] | Not Serious | Unclear[1] | 10.44 (-1.12, 22.00) | **High** |
| SME vs STE | 2 | Serious[4] | Serious[7] | Serious[6] | Unclear[1] | -1.99 (-8.60, 4.62) | **Very Low** |

| SRE vs STE | 3 | Serious[3] | Serious[7] | Serious[6] | Unclear[1] | -1.22 (-6.79, 4.36) | **Very Low** |

[1] The funnel plot or Egger's test was not performed because of insufficient information (<10 studies).

[2] Unable to assess because there are <2 studies available with non-zero events in both arms.

[3] Studies had inadequate randomization and assignments.

[4] Studies had incomplete outcome data given that drop-outs and people lost to follow-ups could have clinically relevant impact on the intervention effect estimates.

[5] Studies failed to blind outcome evaluator that might lead to measurement bias.

[6] There is no transitivity between studies in patient clinical characteristics, duration of intervention, or frequency of exercise. Note that in theory there should be an indirection between any two relevant trials, and only significant indirection would be considered for downgrade.

[7] The direction of the effect size of each included experiment was inconsistent or there was great heterogeneity.

**Supplementary Table 6**. Certainty of Network Evidence Assessment

| Comparison | Direct Evidence | | Indirect Evidence | | Network Meta-Analysis | |
|---|---|---|---|---|---|---|
| | SMD (95% CI) | Certainty of evidence | SMD (95% CI) | Certainty of evidence | SMD (95% CI) | Certainty of evidence |
| **Quality of life (n=48)** | | | | | | |
| AC vs LAE | 5.98 (1.68, 10.28) | High | 5.41 (-2.89, 13.71) | Not needed[1] | 5.86 (2.04, 9.68) | **High** |
| AC vs MBE | 18 (-0.51, 36.51) | High | 10.93 (5.50, 16.36) | Moderate[4] | 11.49 (6.28, 16.70) | **Moderate[2]** |
| AC vs NC | — | — | -0.63 (-5.04, 3.77) | Low[5] | -0.63 (-5.04, 3.77) | **Low** |
| AC vs PAE | — | — | 5.85 (1.38, 10.32) | Moderate[4] | 5.85 (1.38, 10.32) | **Moderate** |
| AC vs SME | — | — | 2.40 (-2.68, 7.49) | High[3] | 2.40 (-2.68, 7.49) | **Moderate[2]** |
| AC vs SRE | 4.9 (-3.16, 12.96) | High | 7.49 (1.45, 13.53) | Low[5] | 6.56 (1.72, 11.39) | **High** |
| AC vs STE | — | — | 3.15 (-1.46, 7.77) | Low[5] | 3.15 (-1.46, 7.77) | **Low** |
| AC vs WBV | — | — | 8.60 (2.05, 15.15) | Low[5] | 8.60 (2.05, 15.15) | **Very Low[2]** |
| LAE vs MBE | 4.9 (-3.16, 12.96) | Moderate | 9.26 (4.27, 14.24) | Low[5] | 5.63 (1.81, 9.45) | **Low[7]** |
| LAE vs NC | 4.9 (-3.16, 12.96) | Low | -4.38 (-7.78, -0.97) | Moderate[4] | -6.49 (-8.98, -4.01) | **Moderate** |
| LAE vs PAE | 4.9 (-3.16, 12.96) | Moderate | -3.98 (-8.41, 0.45) | Low[5] | -0.01 (-2.46, 2.45) | **Low[7]** |
| LAE vs SME | 4.9 (-3.16, 12.96) | High | -2.64 (-6.33, 1.05) | Low[5] | -3.46 (-7.03, 0.12) | **High** |
| LAE vs SRE | — | — | 0.70 (-3.25, 4.64) | Low[5] | 0.70 (-3.25, 4.64) | **Low** |
| LAE vs STE | -0.57 (-4.51, 3.37) | Low | -6.46 (-11.68, -1.23) | Low[5] | -2.71 (-5.85, 0.44) | **Low** |
| LAE vs WBV | — | — | 2.74 (-2.70, 8.19) | Low[5] | 2.74 (-2.70, 8.19) | **Very Low[2]** |
| MBE vs NC | -12.99 (-17.68, -8.30) | High | -10.75 (-16.65, -4.85) | Not needed[1] | -12.12 (-15.79, -8.45) | **High** |
| MBE vs PAE | -7.00 (-18.04, 4.04) | High | -5.42 (-9.80, -1.04) | Moderate[4] | -5.64 (-9.71, -1.56) | **High** |
| MBE vs SME | — | — | -9.08 (-13.64, -4.53) | Low[5] | -9.08 (-13.64, -4.53) | **Low** |
| MBE vs SRE | — | — | -4.93 (-10.03, 0.17) | Low[5] | -4.93 (-10.03, 0.17) | **Low** |
| MBE vs STE | -14.00 (-26.43, -1.57) | High | -7.46 (-12.35, -2.56) | Low[5] | -8.34 (-12.89, -3.78) | **High** |
| MBE vs WBV | — | — | -2.89 (-8.97, 3.19) | High[3] | -2.89 (-8.97, 3.19) | **Moderate[2]** |
| NC vs PAE | 4.07 (0.51, 7.62) | Moderate | 9.56 (5.55, 13.56) | Low[5] | 6.48 (3.83, 9.14) | **Low[7]** |
| NC vs SME | 2.02 (-1.02, 5.06) | Low | 9.95 (2.04, 17.85) | Low[5] | 3.04 (0.20, 5.87) | **Low** |
| NC vs SRE | 11.17 (4.05, 18.30) | Low | 5.22 (0.21, 10.23) | Low[5] | 7.19 (3.09, 11.29) | **Low** |
| NC vs STE | 14.87 (-1.87, 31.61) | High | 3.27 (-0.33, 6.88) | Low[5] | 3.78 (0.26, 7.31) | **High** |
| NC vs WBV | 9.23 (4.39, 14.08) | High | — | — | 9.23 (4.39, 14.08) | **High** |
| PAE vs SME | — | — | -3.45 (-7.22, 0.33) | Low[5] | -3.45 (-7.22, 0.33) | **Low** |
| PAE vs SRE | — | — | 0.71 (-3.71, 5.12) | Low[5] | 0.71 (-3.71, 5.12) | **Low** |
| PAE vs STE | — | — | -2.70 (-6.49, 1.09) | Low[5] | -2.70 (-6.49, 1.09) | **Low** |
| PAE vs WBV | — | — | 2.75 (-2.78, 8.28) | Moderate[4] | 2.75 (-2.78, 8.28) | **Low[2]** |
| SME vs SRE | — | — | 4.15 (-0.59, 8.90) | Low[5] | 4.15 (-0.59, 8.90) | **Low** |
| SME vs STE | -11.11 (-19.46, -2.76) | Very Low | 4.68 (-0.13, 9.48) | Low[5] | 0.75 (-3.42, 4.91) | **Very Low[7]** |
| SME vs WBV | — | — | 6.20 (0.58, 11.81) | Low[5] | 6.20 (0.58, 11.81) | **Very Low[2]** |
| SRE vs STE | -2.89 (-6.71, 0.92) | Low | -5.09 (-12.02, 1.83) | Low[5] | -3.41 (-6.74, -0.07) | **Low** |
| SRE vs WBV | — | — | 2.04 (-4.30, 8.39) | Low[5] | 2.04 (-4.30, 8.39) | **Low** |
| STE vs WBV | — | — | 5.45 (-0.54, 11.44) | High[3] | 5.45 (-0.54, 11.44) | **Moderate[2]** |
| **Pain (n=42)** | | | | | | |
| AC vs LAE | 0.71 (-0.77, 2.19) | Moderate | 3.82 (1.53, 6.12) | Moderate[4] | 1.62 (0.38, 2.87) | **Low[7]** |
| AC vs MBE | 3.70 (1.46, 5.94) | High | 1.71 (0.07, 3.35) | Moderate[4] | 2.40 (1.08, 3.73) | **High** |
| AC vs NC | — | — | 0.75 (-0.59, 2.09) | Low[5] | 0.75 (-0.59, 2.09) | **Low** |

| | | | | | | |
|---|---|---|---|---|---|---|
| AC vs PAE | — | — | 2.03 (0.63, 3.43) | Very Low[6] | 2.03 (0.63, 3.43) | **Very Low** |
| AC vs SME | — | — | 2.57 (0.93, 4.20) | Moderate[4] | 2.57 (0.93, 4.20) | **Low[2]** |
| AC vs SRE | 14.80 (6.02, 23.58) | High | 1.96 (0.14, 3.77) | Low[5] | 2.48 (0.70, 4.27) | **Low[2,7]** |
| AC vs STE | — | — | 1.44 (-0.11, 3.00) | Moderate[4] | 1.44 (-0.11, 3.00) | **Low[2]** |
| AC vs WBV | — | — | 1.87 (0.04, 3.71) | Low[5] | 1.87 (0.04, 3.71) | **Very Low[2]** |
| LAE vs MBE | 0.45 (-0.76, 1.65) | Moderate | 0.97 (0.06, 1.88) | Low[5] | 0.78 (0.05, 1.51) | **Moderate** |
| LAE vs NC | -0.52 (-1.42, 0.39) | Low | -1.28 (-2.24, -0.31) | Low[5] | -0.87 (-1.53, 0.21) | **Low** |
| LAE vs PAE | 0.21 (-0.61, 1.04) | Very Low | 0.87 (-0.42, 2.17) | Low[5] | 0.40 (-0.29, 1.10) | **Low** |
| LAE vs SME | -11.13 (-26.71, 4.45) | High | 1.01 (-0.14, 2.15) | Low[5] | 0.94 (-0.20, 2.08) | **High** |
| LAE vs SRE | — | — | 0.86 (-0.51, 2.23) | Low[5] | 0.86 (-0.51, 2.23) | **Low** |
| LAE vs STE | -1.18 (-3.08, 0.72) | High | 0.24 (-1.00, 1.48) | Low[5] | -0.18 (-1.22, 0.86) | **High** |
| LAE vs WBV | — | — | 0.25 (-1.17, 1.67) | Low[5] | 0.25 (-1.17, 1.67) | **Low** |
| MBE vs NC | -1.60 (-2.30, -0.90) | Low | -1.81 (-2.99, -0.63) | Low[5] | -1.65 (-2.26, -1.05) | **Low** |
| MBE vs PAE | 0.60 (-1.31, 2.51) | High | -0.62 (-1.59, 0.34) | Low[5] | -0.38 (-1.24, 0.49) | **High** |
| MBE vs SME | — | — | 0.16 (-0.96, 1.28) | Low[5] | 0.16 (-0.96, 1.28) | **Low** |
| MBE vs SRE | — | — | 0.08 (-1.27, 1.43) | Low[5] | 0.08 (-1.27, 1.43) | **Low** |
| MBE vs STE | -1.90 (-3.74, -0.06) | High | -0.54 (-1.77, 0.68) | Low[5] | -0.96 (-1.98, 0.06) | **High** |
| MBE vs WBV | — | — | -0.53 (-1.93, 0.87) | Low[5] | -0.53 (-1.93, 0.87) | **Low** |
| NC vs PAE | 1.30 (-0.03, 2.63) | Moderate | 1.27 (0.27, 2.26) | Low[5] | 1.28 (0.48, 2.08) | **Moderate** |
| NC vs SME | 2.27 (1.08, 3.46) | Moderate | 0.78 (-1.01, 2.58) | Low[5] | 1.81 (0.82, 2.81) | **Moderate** |
| NC vs SRE | 1.77 (0.17, 3.37) | Moderate | 1.67 (-0.39, 3.72) | Moderate[4] | 1.73 (0.47, 3.00) | **Moderate** |
| NC vs STE | 1.80 (-0.67, 4.27) | High | 0.50 (-0.55, 1.54) | Low[5] | 0.69 (-0.27, 1.66) | **High** |
| NC vs WBV | 1.12 (-0.14, 2.38) | Moderate | — | — | 1.12 (-0.14, 2.38) | **Moderate** |
| PAE vs SME | — | — | 0.54 (-0.70, 1.77) | Moderate[4] | 0.54 (-0.70, 1.77) | **Moderate** |
| PAE vs SRE | — | — | 0.45 (-1.00, 1.91) | Moderate[4] | 0.45 (-1.00, 1.91) | **Moderate** |
| PAE vs STE | — | — | -0.58 (-1.75, 0.58) | Very Low[6] | -0.58 (-1.75, 0.58) | **Very Low** |
| PAE vs WBV | — | — | -0.16 (-1.65, 1.33) | Moderate[4] | -0.16 (-1.65, 1.33) | **Moderate** |
| SME vs SRE | — | — | -0.08 (-1.55, 1.39) | Moderate[4] | -0.08 (-1.55, 1.39) | **Moderate** |
| SME vs STE | -0.58 (-1.99, 0.83) | Low | -1.84 (-3.48, -0.21) | Moderate[4] | -1.12 (-2.19, -0.05) | **Moderate** |
| SME vs WBV | — | — | -0.69 (-2.30, 0.91) | Moderate[4] | -0.69 (-2.30, 0.91) | **Low[2]** |
| SRE vs STE | -0.59 (-2.07, 0.88) | Moderate | -2.08 (-4.32, 0.17) | Moderate[4] | -1.04 (-2.27, 0.19) | **Moderate** |
| SRE vs WBV | — | — | -0.61 (-2.39, 1.17) | Moderate[4] | -0.61 (-2.39, 1.17) | **Low[2]** |
| STE vs WBV | — | — | 0.43 (-1.16, 2.01) | Moderate[4] | 0.43 (-1.16, 2.01) | **Low[2]** |
| **Sleep (n=21)** | | | | | | |
| AC vs LAE | 0.20 (-1.66, 2.06) | High | 6.93 (2.30, 11.57) | Not needed[1] | 1.14 (-0.59, 2.86) | **Moderate[7]** |
| AC vs MBE | 5.30 (1.19, 9.41) | High | -1.43 (-4.28, 1.41) | High[3] | 0.75 (-1.59, 3.09) | **Moderate[7]** |
| AC vs NC | — | — | 0.77 (-1.63, 3.16) | Low[5] | 0.77 (-1.63, 3.16) | **Low** |
| AC vs PAE | — | — | 1.48 (-0.91, 3.86) | High[3] | 1.48 (-0.91, 3.86) | **High** |
| AC vs SME | — | — | 2.57 (-0.44, 5.58) | Low[5] | 2.57 (-0.44, 5.58) | **Very Low[2]** |
| AC vs SRE | — | — | 3.15 (0.31, 5.99) | Low[5] | 3.15 (0.31, 5.99) | **Low** |
| AC vs STE | — | — | 1.72 (-1.20, 4.63) | Low[5] | 1.72 (-1.20, 4.63) | **Low** |
| AC vs WBV | — | — | 7.72 (3.82, 11.62) | Low[5] | 7.72 (3.82, 11.62) | **Very Low[2]** |
| LAE vs MBE | -3.70 (-7.24, -0.16) | High | 1.05 (-1.28, 3.37) | Low[5] | -0.38 (-2.33, 1.56) | **Moderate[7]** |
| LAE vs NC | -0.18 (-6.72, 6.36) | High | -0.39 (-2.46, 1.69) | Low[5] | -0.37 (-2.35, 1.61) | **High** |
| LAE vs PAE | 0.29 (-2.13, 2.71) | High | 0.42 (-2.60, 3.44) | Not needed[1] | 0.34 (-1.55, 2.23) | **High** |
| LAE vs SME | — | — | 1.43 (-1.26, 4.12) | High[3] | 1.43 (-1.26, 4.12) | **High** |
| LAE vs SRE | — | — | 2.02 (-0.48, 4.52) | Low[5] | 2.02 (-0.48, 4.52) | **Low** |

| | | | | | | |
|---|---|---|---|---|---|---|
| LAE vs STE | — | — | 0.58 (-2.00, 3.16) | High[3] | 0.58 (-2.00, 3.16) | **High** |
| LAE vs WBV | — | — | 6.58 (2.93, 10.24) | High[3] | 6.58 (2.93, 10.24) | **Moderate[2]** |
| MBE vs NC | 0.06 (-0.91, 1.02) | Low | -0.32 (-3.11, 2.47) | Moderate[4] | 0.02 (-0.89, 0.93) | **Moderate** |
| MBE vs PAE | 0.40 (-2.51, 3.31) | High | 0.85 (-0.92, 2.61) | Low[5] | 0.73 (-0.78, 2.24) | **High** |
| MBE vs SME | — | — | 1.82 (-0.22, 3.85) | Low[5] | 1.82 (-0.22, 3.85) | **Low** |
| MBE vs SRE | — | — | 2.40 (0.62, 4.18) | Low[5] | 2.40 (0.62, 4.18) | **Low** |
| MBE vs STE | — | — | 0.97 (-0.93, 2.86) | Low[5] | 0.96 (-0.93, 2.86) | **Low** |
| MBE vs WBV | — | — | 6.97 (3.76, 10.18) | Low[5] | 6.97 (3.76, 10.18) | **Very Low[2]** |
| NC vs PAE | 0.86 (-0.92, 2.63) | Moderate | 0.43 (-1.98, 2.85) | Low[5] | 0.71 (-0.72, 2.14) | **Moderate** |
| NC vs SME | 1.03 (-1.10, 3.16) | High | 3.91 (0.39, 7.42) | Not needed[1] | 1.80 (-0.02, 3.62) | **High** |
| NC vs SRE | 2.54 (0.89, 4.19) | Low | 1.44 (-2.55, 5.43) | Moderate[4] | 2.38 (0.86, 3.91) | **Moderate** |
| NC vs STE | 1.85 (-0.45, 4.15) | High | -0.04 (-2.44, 2.36) | Low[5] | 0.95 (-0.71, 2.61) | **High** |
| NC vs WBV | 6.95 (3.87, 10.03) | High | — | — | 6.95 (3.87, 10.03) | **Moderate[2]** |
| PAE vs SME | — | — | 1.09 (-1.22, 3,41) | Moderate[4] | 1.09 (-1.22, 3.41) | **Moderate** |
| PAE vs SRE | — | — | 1.67 (-0.42, 3.77) | Low[5] | 1.67 (-0.42, 3.77) | **Low** |
| PAE vs STE | — | — | 0.24 (-1.95, 2.43) | Moderate[4] | 0.24 (-1.95, 2.43) | **Moderate** |
| PAE vs WBV | — | — | 6.24 (2.85, 9.63) | Moderate[4] | 6.24 (2.85, 9.63) | **Low[2]** |
| SME vs SRE | — | — | 0.58 (-1.59, 2.75) | Low[5] | 0.58 (-1.59, 2.75) | **Low** |
| SME vs STE | -2.37 (-5.36, 0.62) | Moderate | 0.51 (-2.32, 3.33) | High[3] | -0.85 (-2.90, 1.20) | **High** |
| SME vs WBV | — | — | 5.15 (1.58, 8.72) | High[3] | 5.15 (1.58, 8.72) | **Moderate[2]** |
| SRE vs STE | -1.20 (-2.86, 0.47) | High | -2.71 (-6.55, 1.14) | Not needed[1] | -1.44 (-2.97, 0.10) | **High** |
| SRE vs WBV | — | — | 4.57 (1.13, 8.00) | Low[5] | 4.57 (1.13, 8.00) | **Very Low[2]** |
| STE vs WBV | — | — | 6.00 (2.51, 9.50) | High[3] | 6.00 (2.51, 9.50) | **Moderate[2]** |
| **Anxiety (n=20)** | | | | | | |
| AC vs LAE | 0.60 (-1.45, 2.65) | High | -0.53 (-4.89, 3.83) | Not needed[1] | 0.40 (-1.46, 2.25) | **High** |
| AC vs MBE | -1.10 (-5.04, 2.84) | High | 0.03 (-2.74, 2.80) | High[3] | -0.34 (-2.61, 1.92) | **High** |
| AC vs NC | — | — | -2.48 (-4.80, -0.16) | Moderate[4] | -2.48 (-4.80, -0.16) | **Moderate** |
| AC vs PAE | — | — | 2.35 (-0.71, 5.41) | High[3] | 2.35 (-0.71, 5.41) | **High** |
| AC vs SME | — | — | -0.58 (-3.46, 2.30) | Low[5] | -0.58 (-3.46, 2.30) | **Low** |
| AC vs SRE | — | — | -1.83 (-5.34, 1.68) | Low[5] | -1.83 (-5.34, 1.68) | **Very Low[2]** |
| AC vs STE | — | — | -2.07 (-4.93, 0.80) | High[3] | -2.07 (-4.93, 0.80) | **High** |
| LAE vs MBE | 0.10 (-2.54, 2.74) | High | -1.35 (-3.61, 0.90) | Low[5] | -0.74 (-2.45, 0.97) | **High** |
| LAE vs NC | -2.60 (-4.99, -0.22) | Moderate | -3.11 (-5.36, -0.87) | High[3] | -2.87 (-4.51, -1.24) | **High** |
| LAE vs PAE | 1.70 (-1.32, 4.72) | High | 2. 50 (-1.91, 6.90) | Moderate[4] | 1.95 (-0.54, 4.44) | **High** |
| LAE vs SME | — | — | -0.97 (-3.33, 1.38) | Moderate[4] | -0.97 (-3.33, 1.38) | **Moderate** |
| LAE vs SRE | — | — | -2.23 (-5.32, 0.86) | Moderate[4] | -2.23 (-5.32, 0.86) | **Low[2]** |
| LAE vs STE | -4.83 (-9.92, 0.26) | High | -1.84 (-4.45, 0.78) | Low[5] | -2.46 (-4.79, -0.13) | **High** |
| MBE vs NC | -1.93 (-3.61, -0.25) | Low | -2.79 (-5.82, 0.24) | Moderate[4] | -2.13 (-3.60, -0.66) | **Moderate** |
| MBE vs PAE | — | — | 2.69 (-0.12, 5.51) | Low[5] | 2.69 (-0.12, 5.51) | **Low** |
| MBE vs SME | — | — | -0.23 (-2.52, 2.05) | Low[5] | -0.23 (-2.52, 2.05) | **Low** |
| MBE vs SRE | — | — | -1.49 (-4.54, 1.56) | Low[5] | -1.49 (-4.54, 1.56) | **Very Low[2]** |
| MBE vs STE | — | — | -1.72 (-4.04, 0.59) | Low[5] | -1.72 (-4.04, 0.59) | **Low** |
| NC vs PAE | 5.29 (1.23, 9.34) | Moderate | 4.49 (1.01, 7.97) | Moderate[4] | 4.83 (2.19, 7.47) | **Moderate** |
| NC vs SME | 1.79 (-0.31, 3.88) | Moderate | 2.19 (-1.17, 5.56) | Low[5] | 1.90 (0.12, 3.68) | **Moderate** |
| NC vs SRE | 1.81 (-1.42, 5.04) | Moderate | -2.08 (-7.03, 2.86) | Very Low[6] | 0.64 (-2.06, 3.35) | **Moderate** |
| NC vs STE | 0.96 (-1.67, 3.59) | High | -0.13 (-2.75, 2.48) | Very Low[6] | 0.41 (-1.45, 2.27) | **High** |
| PAE vs SME | — | — | -2.93 (-6.08, 0.23) | Moderate[4] | -2.93 (-6.08, 0.23) | **Low[2]** |

| | | | | | | |
|---|---|---|---|---|---|---|
| PAE vs SRE | — | — | -4.18 (-7.92, -0.44) | Moderate[4] | -4.18 (-7.92, -0.44) | **Low[2]** |
| PAE vs STE | — | — | -4.42 (-7.57, -1.26) | Low[5] | -4.42 (-7.57, -1.26) | **Very Low[2]** |
| SME vs SRE | — | — | -1.26 (-4.20, 1.69) | Moderate[4] | -1.26 (-4.20, 1.69) | **Moderate** |
| SME vs STE | -1.65 (-4.14, 0.84) | Moderate | -1.25 (-4.33, 1.84) | Low[5] | -1.49 (-3.43, 0.45) | **Moderate** |
| SRE vs STE | -0.15 (-2.84, 2.53) | Very Low | -0.84 (-8.27, 6.59) | Low[5] | -0.23 (-2.76, 2.29) | **Low** |
| **Depression (n=31)** | | | | | | |
| AC vs LAE | -0.10 (-8.94, 8.74) | High | 2.27 (-8.55, 13.08) | Not needed[1] | 0.85 (-6.00, 7.69) | **High** |
| AC vs MBE | 2.30 (-7.22, 11.82) | High | -0.07 (-10.28, 10.15) | Not needed[1] | 1.20 (-5.77, 8.17) | **High** |
| AC vs NC | — | — | -2.00 (-9.11, 5.10) | Low[5] | -2.00 (-9.11, 5.10) | **Low** |
| AC vs PAE | — | — | 1.42 (-6.39, 9.23) | Low[5] | 1.42 (-6.39, 9.23) | **Very Low[2]** |
| AC vs SME | — | — | 4.32 (-3.87, 12.52) | High[3] | 4.32 (-3.87, 12.52) | **Moderate[2]** |
| AC vs SRE | — | — | 1.68 (-7.32, 10.69) | Very Low[6] | 1.68 (-7.32, 10.69) | **Very Low[2]** |
| AC vs STE | — | — | 0.97 (-7.42, 9.36) | High[3] | 0.97 (-7.42, 9.36) | **Moderate[2]** |
| AC vs WBV | — | — | 8.44 (-5.13, 22.01) | Low[5] | 8.44 (-5.13, 22.01) | **Very Low[2]** |
| LAE vs MBE | 1.20 (-7.84, 10.24) | High | 0.03 (-5.58, 5.63) | Low[5] | 0.35 (-4.41, 5.12) | **High** |
| LAE vs NC | -4.09 (-7.84, -0.34) | Low | -0.41 (-5.66, 4.84) | Low[5] | -2.85 (-5.90, 0.20) | **Low** |
| LAE vs PAE | 0.86 (-3.90, 5.61) | Low | -0.12 (-7.59, 7.35) | Low[5] | 0.57 (-3.43, 4.58) | **Low** |
| LAE vs SME | 7.91 (-0.99, 16.81) | High | 1.48 (-4.49, 7.45) | Low[5] | 3.48 (-1.48, 8.43) | **High** |
| LAE vs SRE | — | — | 0.84 (-5.39, 7.06) | Low[5] | 0.84 (-5.39, 7.06) | **Low** |
| LAE vs STE | -0.74 (-10.36, 8.88) | High | 0.49 (-5.75, 6.73) | Low[5] | 0.13 (-5.11, 5.36) | **High** |
| LAE vs WBV | — | — | 7.59 (-4.36, 19.55) | Low[5] | 7.60 (-4.36, 19.55) | **Very Low[2]** |
| MBE vs NC | -2.57 (-7.88, 2.74) | Low | -4.68 (-12.77, 3.42) | Low[5] | -3.20 (-7.64, 1.24) | **Low** |
| MBE vs PAE | — | — | 0.22 (-5.67, 6.11) | Low[5] | 0.22 (-5.67, 6.11) | **Low** |
| MBE vs SME | — | — | 3.12 (-3.05, 9.30) | High[3] | 3.12 (-3.05, 9.30) | **High** |
| MBE vs SRE | — | — | 0.48 (-6.71, 7.67) | Low[5] | 0.48 (-6.71, 7.67) | **Low** |
| MBE vs STE | — | — | -0.23 (-6.69, 6.24) | Low[5] | -0.23 (-6.69, 6.24) | **Low** |
| MBE vs WBV | — | — | 7.24 (-5.14, 19.62) | Low[5] | 7.24 (-5.14, 19.62) | **Very Low[2]** |
| NC vs PAE | 2.86 (-3.84, 9.57) | Moderate | 3.84 (-1.94, 9.62) | Low[5] | 3.42 (-0.95, 7.80) | **Moderate** |
| NC vs SME | 7.40 (2.00, 12.80) | Moderate | 3.95 (-4.08, 11.98) | Low[5] | 6.33 (1.84, 10.81) | **Moderate** |
| NC vs SRE | 3.57 (-3.69, 10.09) | Moderate | 3.89 (-5.64, 13.43) | Very Low[6] | 3.69 (-2.09, 9.46) | **Moderate** |
| NC vs STE | 0.95 (-8.19, 10.09) | High | 3.80 (-2.03, 9.62) | Low[5] | 2.97 (-1.94, 7.89) | **High** |
| NC vs WBV | 10.44 (-1.12, 22.00) | High | — | — | 10.44 (-1.12, 22.00) | **Moderate[2]** |
| PAE vs SME | — | — | 2.90 (-3.10, 8.91) | Moderate[4] | 2.90 (-3.10, 8.91) | **Moderate** |
| PAE vs SRE | — | — | 0.26 (-6.80, 7.32) | Moderate[4] | 0.26 (-6.80, 7.32) | **Moderate** |
| PAE vs STE | — | — | -0.45 (-6.72, 5.82) | Low[5] | -0.45 (-6.72, 5.82) | **Low** |
| PAE vs WBV | — | — | 7.02 (-5.34, 19.38) | Moderate[4] | 7.02 (-5.34, 19.38) | **Low[2]** |
| SME vs SRE | — | — | -2.64 (-9.06, 3.78) | Moderate[4] | -2.64 (-9.06, 3.78) | **Moderate** |
| SME vs STE | -1.99 (-8.60, 4.62) | Very Low | -5.25 (-13.04, 2.55) | Moderate[4] | -3.35 (-8.39, 1.69) | **Moderate** |
| SME vs WBV | — | — | 4.11 (-8.28, 16.51) | Moderate[4] | 4.11 (-8.28, 16.51) | **Low[2]** |
| SRE vs STE | -1.22 (-6.79, 4.36) | Very Low | 1.88 (-10.75, 14.51) | Moderate[4] | -0.71 (-5.81, 4.39) | **Moderate** |
| SRE vs WBV | — | — | 6.75 (-6.17, 19.68) | Moderate[4] | 6.75 (-6.17, 19.68) | **Low[2]** |
| STE vs WBV | — | — | 7.47 (-5.09, 20.02) | High[3] | 7.47 (-5.09, 20.02) | **Moderate[2]** |

[1] There is no need to rate the indirect evidence since the certainty of the direct evidence is high and the contribution of the direct evidence to the network estimate is much greater than that of the indirect evidence.

[2] Imprecise (wide 95% CI).

[3] The confidence ratings for both direct comparisons are high.

**Supplementary Table 7**. League Tables

Effect sizes presented on the upper triangle are direct comparisons (head-to-head studies) between the row and columns; the effect sizes on the lower triangle are network meta-analyses between the column and the row. Comparisons are based on SMD (95% CI) in all outcomes.

## A. Pain

| | AC | LAE | MBE | NC | PAE | SME | SRE | STE | WBV |
|---|---|---|---|---|---|---|---|---|---|
| **AC** | | 0.71 ( -0.77, 2.19) | **3.70 (1.46, 5.94)** | . | . | . | **14.80 (6.02, 23.58)** | . | . |
| **LAE** | **1.62 (0.38, 2.87)** | | 0.45 ( -0.76, 1.65) | -0.52 ( -1.42, 0.39) | 0.21 ( -0.61, 1.04) | -11.13 (-26.71, 4.45) | . | -1.18 ( -3.08, 0.72) | . |
| **MBE** | **2.40 (1.08, 3.73)** | **0.78 (0.05, 1.51)** | | **-1.60 ( -2.30, -0.90)** | 0.60 ( -1.31, 2.51) | . | . | **-1.90 ( -3.74, -0.06)** | . |
| **NC** | 0.75 (-0.59, 2.09) | **-0.87 (-1.53, -0.21)** | **-1.65 (-2.26, -1.05)** | | 1.30 ( -0.03, 2.63) | **2.27 (1.08, 3.46)** | **1.77 (0.17, 3.37)** | 1.80 ( -0.67, 4.27) | 1.12 ( -0.14, 2.38) |
| **PAE** | **2.03 (0.63, 3.43)** | 0.40 (-0.29, 1.10) | -0.38 (-1.24, 0.49) | **1.28 (0.48, 2.08)** | | . | . | . | . |
| **SME** | **2.57 (0.93, 4.20)** | 0.94 (-0.20, 2.08) | 0.16 (-0.96, 1.28) | **1.81 (0.82, 2.81)** | 0.54 (-0.70, 1.77) | | . | -0.58 ( -1.99, 0.83) | . |
| **SRE** | **2.48 (0.70, 4.27)** | 0.86 (-0.51, 2.23) | 0.08 (-1.27, 1.43) | **1.73 (0.47, 3.00)** | 0.45 (-1.00, 1.91) | -0.08 (-1.55, 1.39) | | -0.59 ( -2.07, 0.88) | . |
| **STE** | 1.44 (-0.11, 3.00) | -0.18 (-1.22, 0.86) | -0.96 (-1.98, 0.06) | 0.69 (-0.27, 1.66) | -0.58 (-1.75, 0.58) | **-1.12 (-2.19, -0.05)** | -1.04 (-2.27, 0.19) | | . |
| **WBV** | **1.87 (0.04, 3.71)** | 0.25 (-1.17, 1.67) | -0.53 (-1.93, 0.87) | 1.12 (-0.14, 2.38) | -0.16 (-1.65, 1.33) | -0.69 (-2.30, 0.91) | -0.61 (-2.39, 1.17) | 0.43 (-1.16, 2.01) | |

## B. Sleep

| | AC | LAE | MBE | NC | PAE | SME | SRE | STE | WBV |
|---|---|---|---|---|---|---|---|---|---|
| **AC** | | 0.20 ( -1.66, 2.06) | **5.30 (1.19, 9.41)** | . | . | . | . | . | . |
| **LAE** | 1.14 ( -0.59, 2.86) | | **-3.70 ( -7.24, -0.16)** | -0.18 ( -6.72, 6.36) | 0.29 ( -2.13, 2.71) | . | . | . | . |
| **MBE** | 0.75 ( -1.59, 3.09) | -0.38 ( -2.33, 1.56) | | 0.06 ( -0.91, 1.02) | 0.40 ( -2.51, 3.31) | . | . | . | . |
| **NC** | 0.77 ( -1.63, 3.16) | -0.37 ( -2.35, 1.61) | 0.02 ( -0.89, 0.93) | | 0.86 ( -0.92, 2.63) | 1.03 ( -1.10, 3.16) | **2.54 (0.89, 4.19)** | 1.85 ( -0.45, 4.15) | **6.95 (3.87, 10.03)** |
| **PAE** | 1.48 ( -0.91, 3.86) | 0.34 ( -1.55, 2.23) | 0.73 ( -0.78, 2.24) | 0.71 ( -0.72, 2.14) | | . | . | . | . |
| **SME** | 2.57 ( -0.44, 5.58) | 1.43 ( -1.26, 4.12) | 1.82 ( -0.22, 3.85) | 1.80 ( -0.02, 3.62) | 1.09 ( -1.22, 3.41) | | . | -2.37 ( -5.36, 0.62) | . |
| **SRE** | **3.15 (0.31, 5.99)** | 2.02 ( -0.48, 4.52) | **2.40 (0.62, 4.18)** | **2.38 (0.86, 3.91)** | 1.67 ( -0.42, 3.77) | 0.58 ( -1.59, 2.75) | | -1.20 ( -2.86, 0.47) | . |
| **STE** | 1.72 ( -1.20, 4.63) | 0.58 ( -2.00, 3.16) | 0.96 ( -0.93, 2.86) | 0.95 ( -0.71, 2.61) | 0.24 ( -1.95, 2.43) | -0.85 ( -2.90, 1.20) | -1.44 ( -2.97, 0.10) | | . |
| **WBV** | **7.72 (3.82, 11.62)** | **6.58 (2.93, 10.24)** | **6.97 (3.76, 10.18)** | **6.95 (3.87, 10.03)** | **6.24 (2.85, 9.63)** | **5.15 (1.58, 8.72)** | **4.57 (1.13, 8.00)** | **6.00 (2.51, 9.50)** | |

## C. Anxiety

| | AC | LAE | MBE | NC | PAE | SME | SRE | STE |
|---|---|---|---|---|---|---|---|---|
| **AC** | | 0.60 (-1.45, 2.65) | -1.10 (-5.04, 2.84) | . | . | . | . | . |
| **LAE** | 0.40 (-1.46, 2.25) | | 0.10 (-2.54, 2.74) | **-2.60 (-4.99, -0.22)** | 1.70 (-1.32, 4.72) | . | . | -4.83 (-9.92, 0.26) |
| **MBE** | -0.34 (-2.61, 1.92) | -0.74 (-2.45, 0.97) | | **-1.93 (-3.61, -0.25)** | . | . | . | . |
| **NC** | **-2.48 (-4.80, -0.16)** | **-2.87 (-4.51, -1.24)** | **-2.13 (-3.60, -0.66)** | | **5.29 (1.23, 9.34)** | 1.79 (-0.31, 3.88) | 1.81 (-1.42, 5.04) | 0.96 (-1.67, 3.59) |
| **PAE** | 2.35 (-0.71, 5.41) | 1.95 (-0.54, 4.44) | 2.69 (-0.12, 5.51) | **4.83 (2.19, 7.47)** | | . | . | . |
| **SME** | -0.58 (-3.46, 2.30) | -0.97 (-3.33, 1.38) | -0.23 (-2.52, 2.05) | **1.90 (0.12, 3.68)** | -2.93 (-6.08, 0.23) | | . | -1.65 (-4.14, 0.84) |
| **SRE** | -1.83 (-5.34, 1.68) | -2.23 (-5.32, 0.86) | -1.49 (-4.54, 1.56) | 0.64 (-2.06, 3.35) | **-4.18 (-7.92, -0.44)** | -1.26 (-4.20, 1.69) | | -0.15 (-2.84, 2.53) |
| **STE** | -2.07 (-4.93, 0.80) | **-2.46 (-4.79, -0.13)** | -1.72 (-4.04, 0.59) | 0.41 (-1.45, 2.27) | **-4.42 (-7.57, -1.26)** | -1.49 (-3.43, 0.45) | -0.23 (-2.76, 2.29) | |

## D. Depression

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **AC** | -0.10 (-8.94, 8.74) | 2.30 (-7.22, 11.82) | . | . | . | . | . | . |
| 0.85 (-6.00, 7.69) | **LAE** | 1.20 (-7.84, 10.24) | **-4.09 (-7.84, -0.34)** | 0.86 (-3.90, 5.61) | 7.91 (-0.99, 16.81) | . | -0.74 (-10.36, 8.88) | . |
| 1.20 (-5.77, 8.17) | 0.35 (-4.41, 5.12) | **MBE** | -2.57 (-7.88, 2.74) | . | . | . | . | . |
| -2.00 (-9.11, 5.10) | -2.85 (-5.90, 0.20) | -3.20 (-7.64, 1.24) | **NC** | 2.86 (-3.84, 9.57) | **7.40 (2.00, 12.80)** | 3.57 (-3.69, 10.82) | 0.95 (-8.19, 10.09) | 10.44 (-1.12, 22.00) |
| 1.42 (-6.39, 9.23) | 0.57 (-3.43, 4.58) | 0.22 (-5.67, 6.11) | 3.42 (-0.95, 7.80) | **PAE** | . | . | . | . |
| 4.32 (-3.87, 12.52) | 3.48 (-1.48, 8.43) | 3.12 (-3.05, 9.30) | **6.33 (1.84, 10.81)** | 2.90 (-3.10, 8.91) | **SME** | . | -1.99 (-8.60, 4.62) | . |
| 1.68 (-7.32, 10.69) | 0.84 (-5.39, 7.06) | 0.48 (-6.71, 7.67) | 3.69 (-2.09, 9.46) | 0.26 (-6.80, 7.32) | -2.64 (-9.06, 3.78) | **SRE** | -1.22 (-6.79, 4.36) | . |
| 0.97 (-7.42, 9.36) | 0.13 (-5.11, 5.36) | -0.23 (-6.69, 6.24) | 2.97 (-1.94, 7.89) | -0.45 (-6.72, 5.82) | -3.35 (-8.39, 1.69) | -0.71 (-5.81, 4.39) | **STE** | . |
| 8.44 (-5.13, 22.01) | 7.59 (-4.36, 19.55) | 7.24 (-5.14, 19.62) | 10.44 (-1.12, 22.00) | 7.02 (-5.34, 19.38) | 4.11 (-8.28, 16.51) | 6.75 (-6.17, 19.68) | 7.47 (-5.09, 20.02) | **WBV** |

**Supplementary Figure 1.** Risk of Bias of Included Studies
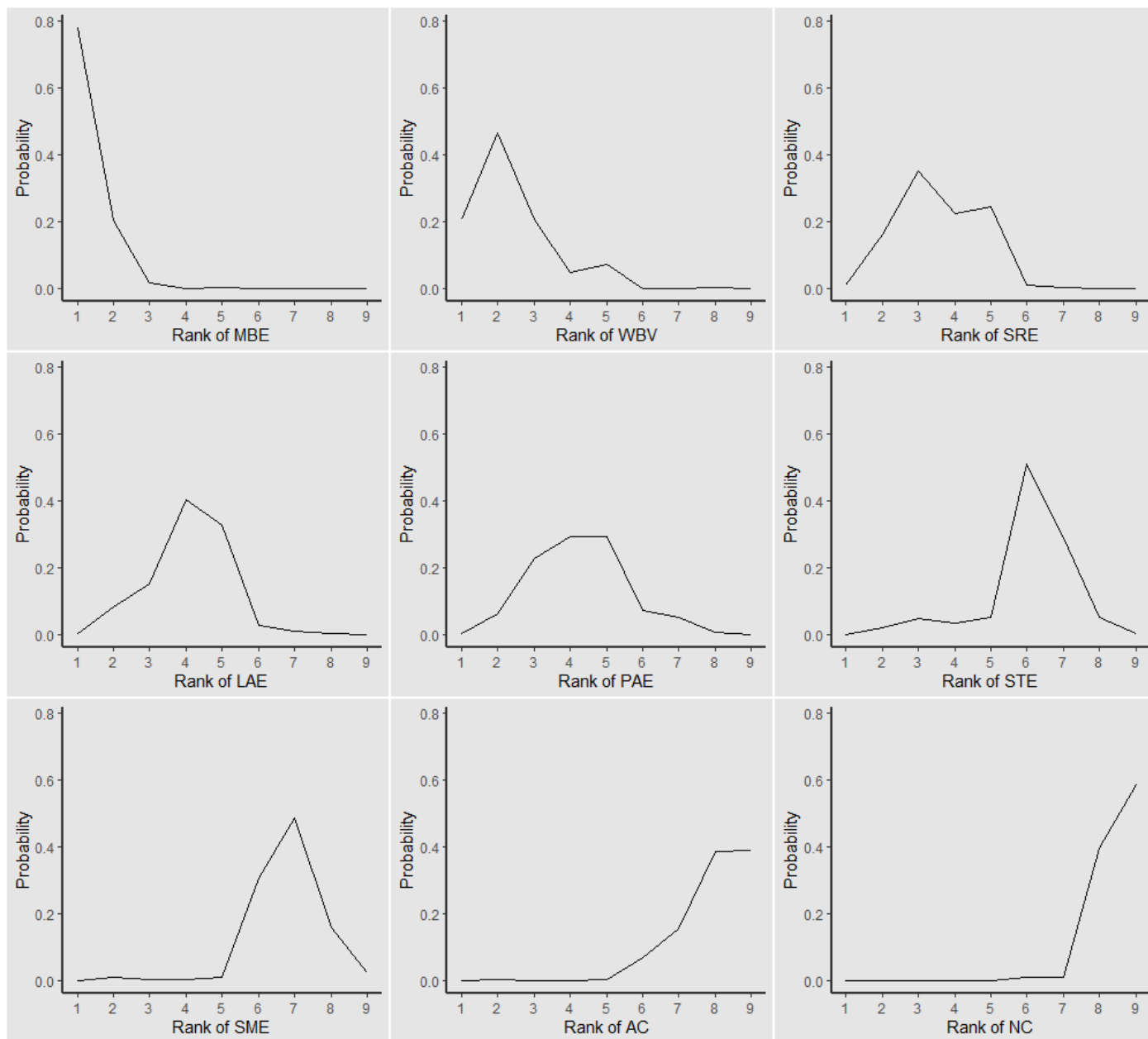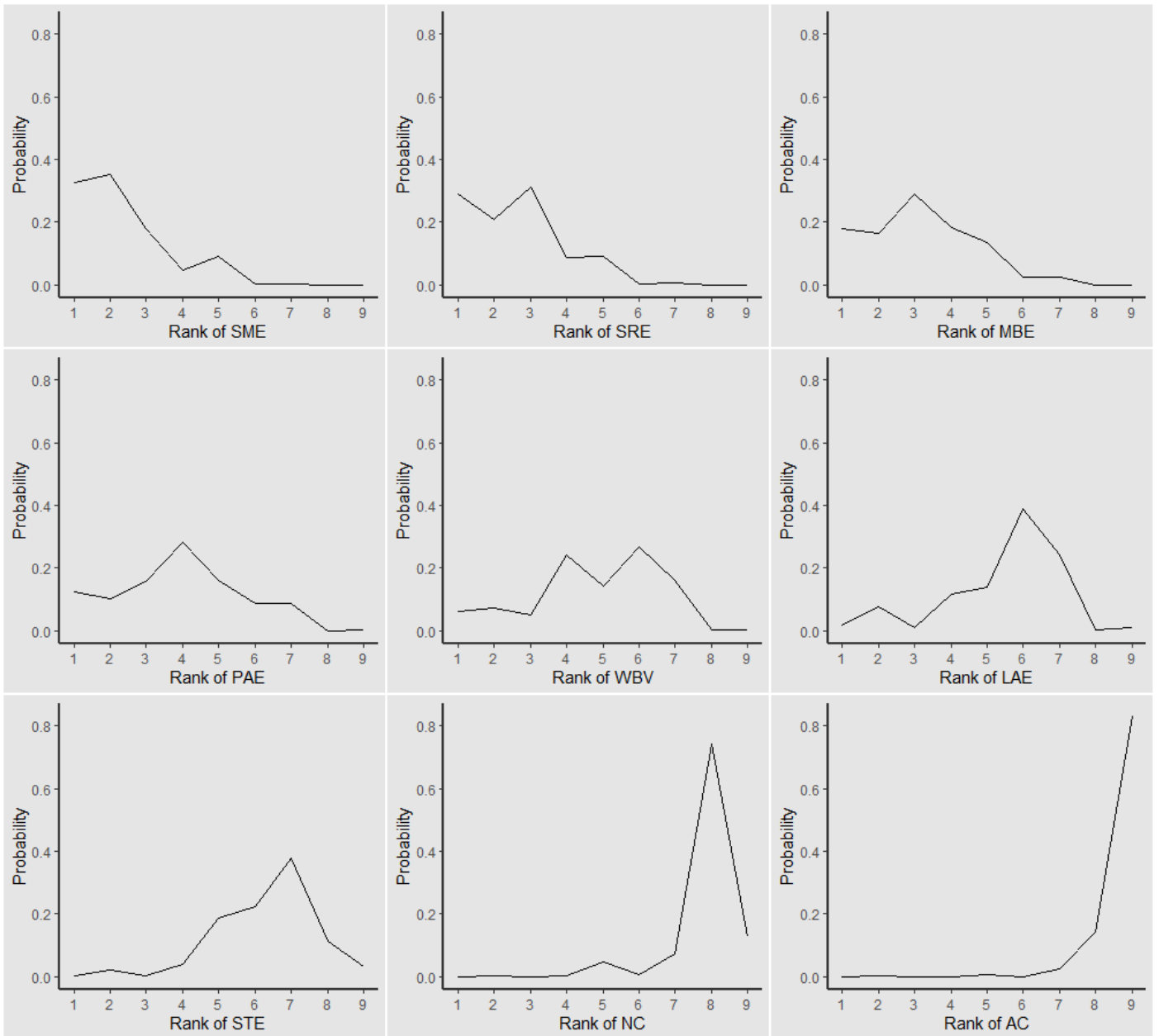
**Risk of bias graph**
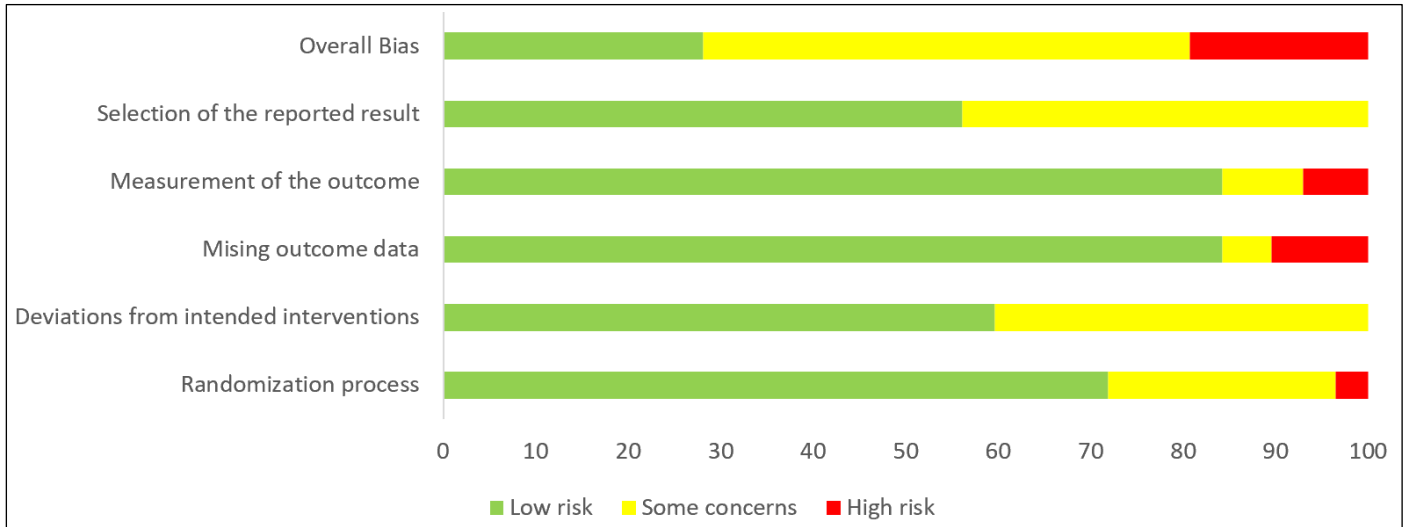


**Risk of bias summary**
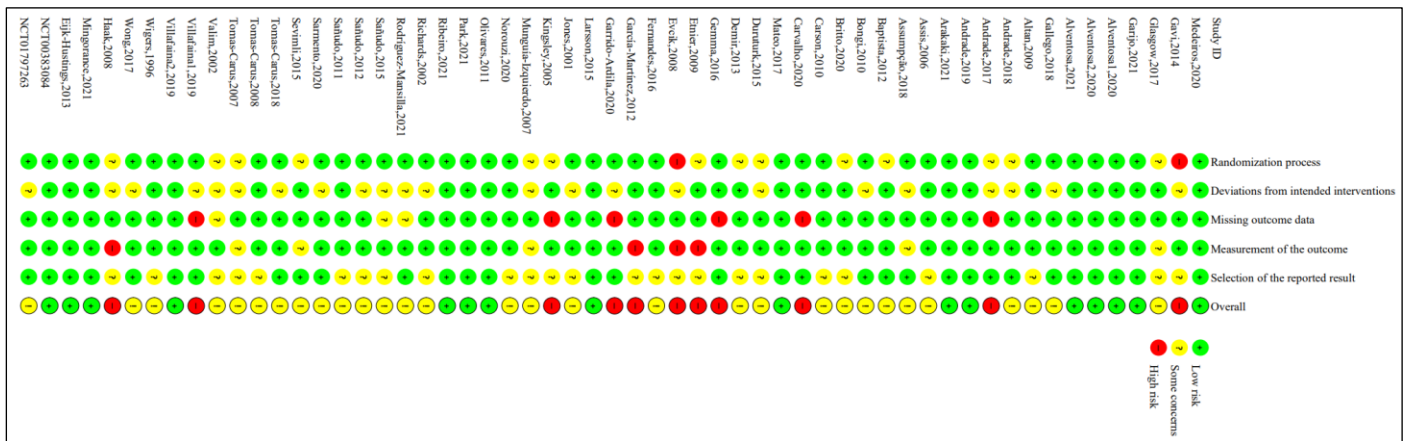
**Supplementary Figure 2.** Rankogram for each intervention on Quality of life, Pain, Sleep, Anxiety and Depression in FMS.
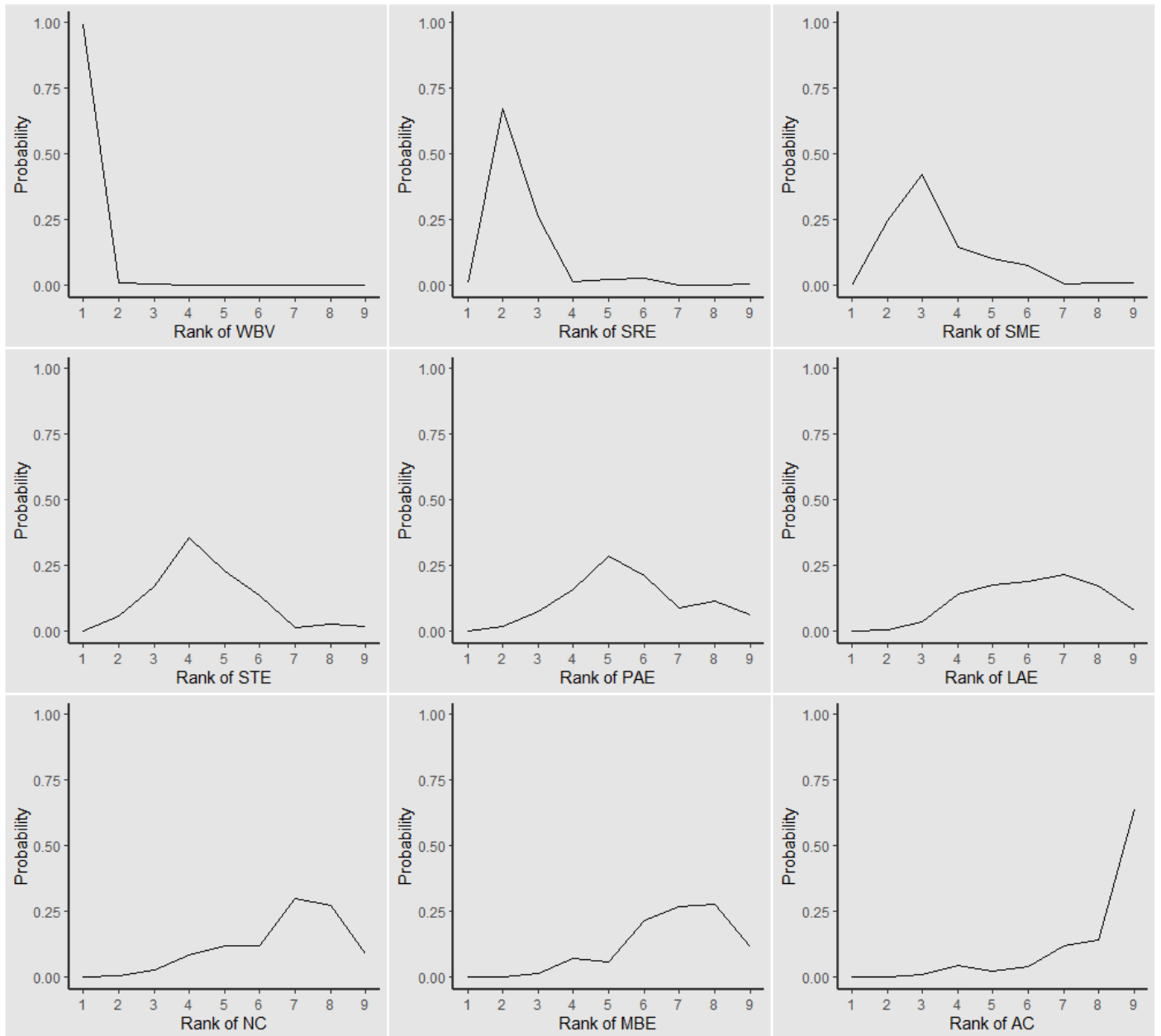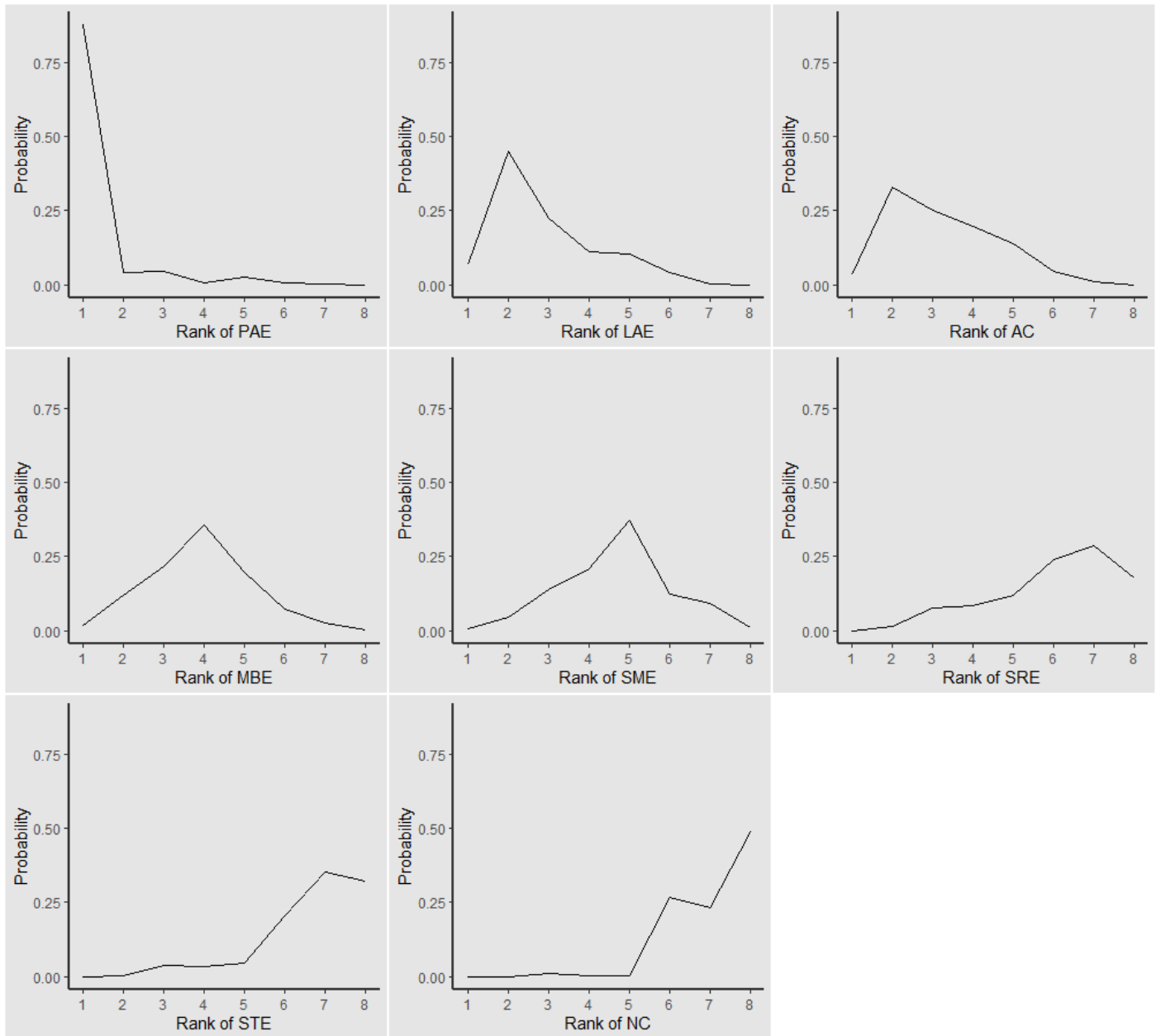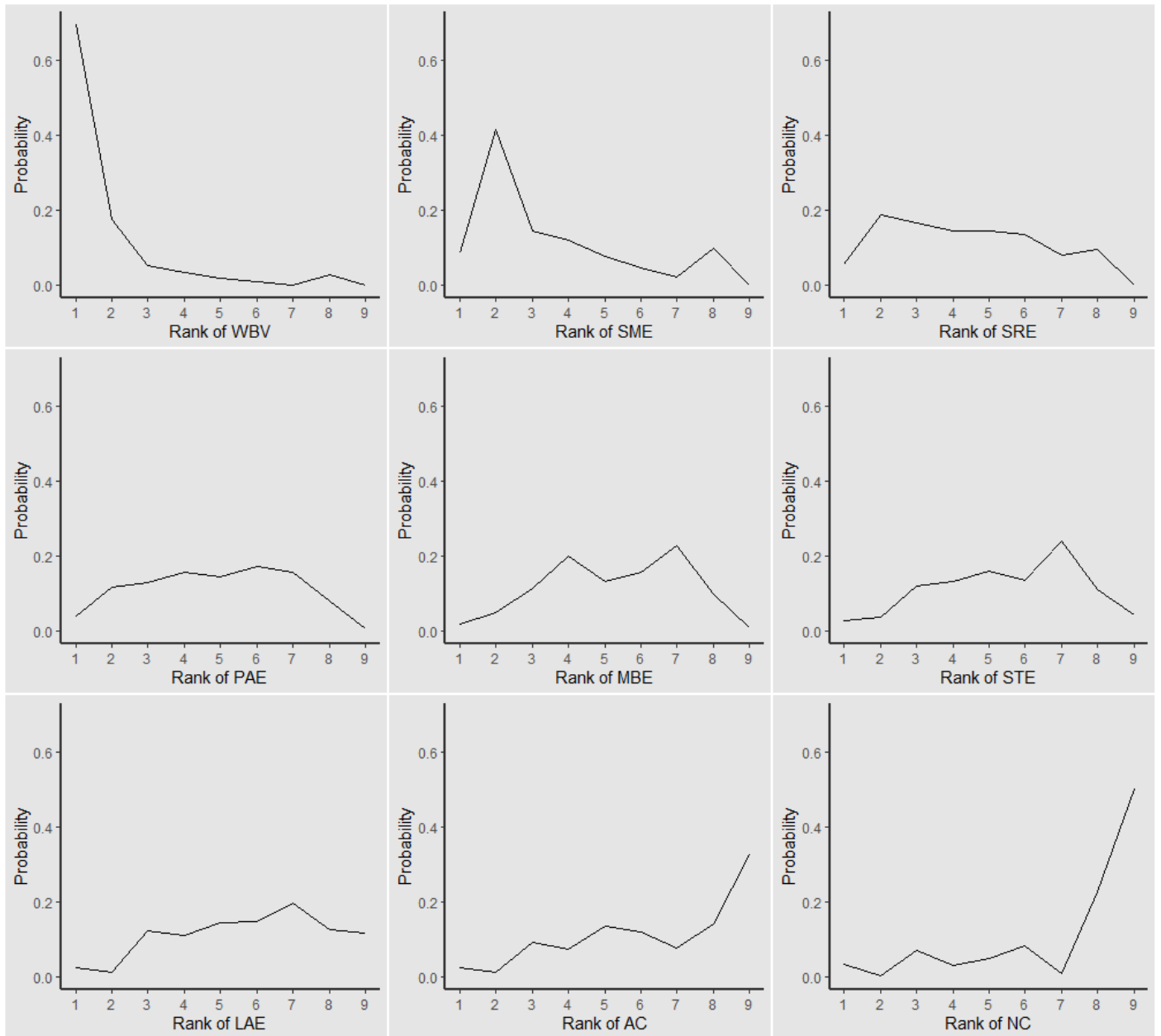
**A. Quality of life**

## B. Pain

## C. Sleep

# D. Anxiety

## E. Depression

# Supplementary Figure 3. Netsplit Analysis of Inconsistency

## A. Quality of life

```
Legend:
 comparison - Treatment comparison
 k          - Number of studies providing direct evidence
 prop       - Direct evidence proportion
 nma        - Estimated treatment effect (SMD) in network meta-analysis
 direct     - Estimated treatment effect (SMD) derived from direct evidence
 indir.     - Estimated treatment effect (SMD) derived from indirect evidence
 Diff       - Difference between direct and indirect treatment estimates
 z          - z-value of test for disagreement (direct versus indirect)
 p-value    - p-value of test for disagreement (direct versus indirect)
```

```
Random effects model:

comparison k prop    nma         95%-CI     direct          95%-CI     indir.           95%-CI      Diff            95%-CI      z   p-value
 AC vs LAE 2 0.79   5.8590 [   2.0392;  9.6789]   5.9789 [  1.6764; 10.2815]   5.4129 [ -2.8867; 13.7126]   0.5660 [ -8.7826;  9.9146]  0.12  0.9055
 AC vs MBE 1 0.08  11.4884 [   6.2802; 16.6966]  18.0000 [ -0.5058; 36.5058]  10.9283 [  5.5006; 16.3559]   7.0717 [-12.2136; 26.3571]  0.72  0.4723
  AC vs NC 0    0  -0.6334 [  -5.0406;  3.7739]        .                  .    -0.6334 [ -5.0406;  3.7739]        .                   .     .     .
 AC vs PAE 0    0   5.8513 [   1.3790; 10.3235]        .                  .     5.8513 [  1.3790; 10.3235]        .                   .     .     .
 AC vs SME 0    0   2.4038 [  -2.6819;  7.4894]        .                  .     2.4038 [ -2.6819;  7.4894]        .                   .     .     .
 AC vs SRE 1 0.36   6.5577 [   1.7243; 11.3911]   4.9000 [ -3.1643; 12.9643]   7.4871 [  1.4490; 13.5251]  -2.5871 [-12.6613;  7.4872] -0.50  0.6147
 AC vs STE 0    0   3.1516 [  -1.4636;  7.7668]        .                  .     3.1516 [ -1.4636;  7.7668]        .                   .     .     .
 AC vs WBV 0    0   8.6011 [   2.0514; 15.1507]        .                  .     8.6011 [  2.0514; 15.1507]        .                   .     .     .
LAE vs MBE 2 0.41   5.6294 [   1.8088;  9.4500]   0.4578 [ -5.4923;  6.4079]   9.2575 [  4.2737; 14.2412]  -8.7996 [-16.5612; -1.0381] -2.22  0.0263
 LAE vs NC 9 0.47  -6.4924 [  -8.9766; -4.0082]  -8.9069 [-12.5422; -5.2717]  -4.3769 [ -7.7796; -0.9741]  -4.5300 [ -9.5093;  0.4493] -1.78  0.0746
LAE vs PAE 5 0.69  -0.0078 [  -2.4606;  2.4451]   1.7485 [ -1.1970;  4.6940]  -3.9807 [ -8.4109;  0.4495]   5.7292 [  0.4092; 11.0492]  2.11  0.0348
LAE vs SME 1 0.06  -3.4553 [  -7.0287;  0.1181] -15.7300 [-30.0702; -1.3898]  -2.6426 [ -6.3324;  1.0472] -13.0874 [-27.8947;  1.7199] -1.73  0.0832
LAE vs SRE 0    0   0.6987 [  -3.2450;  4.6423]        .                  .    -6.4572 [-11.6815; -1.2329]   5.8857 [ -0.6596; 12.4309]  1.76  0.0780
LAE vs WBV 0    0   2.7420 [  -2.7027;  8.1868]        .                  .     2.7420 [ -2.7027;  8.1868]        .                   .     .     .
 MBE vs NC 4 0.61 -12.1218 [ -15.7929; -8.4506] -12.9906 [-17.6799; -8.3013] -10.7461 [-16.6465; -4.8458]  -2.2445 [ -9.7813;  5.2923] -0.58  0.5594
MBE vs PAE 1 0.14  -5.6371 [  -9.7094; -1.5649]  -7.0000 [-18.0424;  4.0424]  -5.4226 [ -9.8037; -1.0416]  -1.5774 [-13.4571; 10.3024] -0.26  0.7947
MBE vs SME 0    0  -9.0846 [ -13.6399; -4.5294]        .                  .    -9.0846 [-13.6399; -4.5294]        .                   .     .     .
MBE vs SRE 0    0  -4.9307 [ -10.0292;  0.1678]        .                  .    -4.9307 [-10.0292;  0.1678]        .                   .     .     .
MBE vs STE 1 0.13  -8.3368 [ -12.8914; -3.7823] -14.0000 [-26.4327; -1.5673]  -7.4590 [-12.3538; -2.5642]  -6.5410 [-19.9025;  6.8205] -0.96  0.3373
MBE vs WBV 0    0  -2.8873 [  -8.9660;  3.1914]        .                  .    -2.8873 [ -8.9660;  3.1914]        .                   .     .     .
 NC vs PAE 4 0.56   6.4846 [   3.8256;  9.1436]   4.0688 [  0.5146;  7.6229]   9.5560 [  5.5485; 13.5634]  -5.4872 [-10.8436; -0.1308] -2.01  0.0447
 NC vs SME 4 0.87   3.0371 [   0.2005;  5.8737]   2.0172 [ -1.0216;  5.0559]   9.9457 [  2.0370; 17.8545]  -7.9285 [-16.4010;  0.5439] -1.83  0.0666
 NC vs SRE 4 0.33   7.1911 [   3.0906; 11.2915]  11.1742 [  4.0460; 18.3023]   5.2212 [  0.2084; 10.2340]   5.9530 [ -2.7613; 14.6673]  1.34  0.1806
 NC vs STE 1 0.04   3.7849 [   0.2608;  7.3090]  14.8700 [ -1.8714; 31.6114]   3.2710 [ -0.3339;  6.8758]  11.5990 [ -5.5261; 28.7242]  1.33  0.1843
 NC vs WBV 3 1.00   9.2344 [   4.3894; 14.0794]   9.2344 [  4.3894; 14.0794]        .                   .         .                   .     .     .
PAE vs SME 0    0  -3.4475 [  -7.2239;  0.3289]        .                  .    -3.4475 [ -7.2239;  0.3289]        .                   .     .     .
PAE vs SRE 0    0   0.7065 [  -3.7074;  5.1203]        .                  .     0.7065 [ -3.7074;  5.1203]        .                   .     .     .
PAE vs STE 0    0  -2.6997 [  -6.4866;  1.0872]        .                  .    -2.6997 [ -6.4866;  1.0872]        .                   .     .     .
PAE vs WBV 0    0   2.7498 [  -2.7769;  8.2765]        .                  .     2.7498 [ -2.7769;  8.2765]        .                   .     .     .
SME vs SRE 0    0   4.1540 [  -0.5937;  8.9016]        .                  .     4.1540 [ -0.5937;  8.9016]        .                   .     .     .
SME vs STE 2 0.25   0.7478 [  -3.4162;  4.9118] -11.1080 [-19.4555; -2.7604]   4.6751 [ -0.1293;  9.4795] -15.7831 [-25.4145; -6.1517] -3.21  0.0013
SME vs WBV 0    0   6.1973 [   0.5831; 11.8116]        .                  .     6.1973 [  0.5831; 11.8116]        .                   .     .     .
SRE vs STE 5 0.77  -3.4061 [  -6.7441; -0.0681]  -2.8947 [ -6.7050;  0.9157]  -5.0940 [-12.0158;  1.8278]   2.1994 [ -5.7019; 10.1006]  0.55  0.5854
SRE vs WBV 0    0   2.0434 [  -4.3038;  8.3906]        .                  .     2.0434 [ -4.3038;  8.3906]        .                   .     .     .
STE vs WBV 0    0   5.4495 [  -0.5416; 11.4406]        .                  .     5.4495 [ -0.5416; 11.4406]        .                   .     .     .
```

# B. Pain

Legend:
```
 comparison - Treatment comparison
 k          - Number of studies providing direct evidence
 prop       - Direct evidence proportion
 nma        - Estimated treatment effect (SMD) in network meta-analysis
 direct     - Estimated treatment effect (SMD) derived from direct evidence
 indir.     - Estimated treatment effect (SMD) derived from indirect evidence
 Diff       - Difference between direct and indirect treatment estimates
 z          - z-value of test for disagreement (direct versus indirect)
 p-value    - p-value of test for disagreement (direct versus indirect)
```

Random effects model:

```
comparison  k    prop     nma       95%-CI        direct          95%-CI       indir.         95%-CI       Diff            95%-CI         z  p-value
AC vs LAE   2   0.71    1.6248 [ 0.3798;  2.8698]  0.7084 [ -0.7736;  2.1904]  3.8227 [ 1.5275;  6.1178]  -3.1143 [ -5.8463; -0.3823] -2.23  0.0255
AC vs MBE   1   0.35    2.4044 [ 1.0807;  3.7281]  3.7000 [  1.4574;  5.9426]  1.7117 [ 0.0718;  3.3515]   1.9883 [ -0.7899;  4.7665]  1.40  0.1607
AC vs NC    0   0       0.7511 [-0.5879;  2.0902]       .                       0.7511 [-0.5879;  2.0902]      .                   .      .     .
AC vs PAE   0   0       2.0292 [ 0.6332;  3.4253]       .                       2.0292 [ 0.6332;  3.4253]      .                   .      .     .
AC vs SME   0   0       2.5650 [ 0.9341;  4.1960]       .                       2.5650 [ 0.9341;  4.1960]      .                   .      .     .
AC vs SRE   1   0.04    2.4841 [ 0.7031;  4.2652] 14.8000 [  6.0167; 23.5833]  1.9560 [ 0.1371;  3.7749]  12.8440 [  3.8744; 21.8136]  2.81  0.0050
AC vs STE   0   0       1.4449 [-0.1144;  3.0043]       .                       1.4449 [-0.1144;  3.0043]      .                   .      .     .
AC vs WBV   0   0       1.8736 [ 0.0359;  3.7113]       .                       1.8736 [ 0.0359;  3.7113]      .                   .      .     .
LAE vs MBE  2   0.36    0.7796 [ 0.0526;  1.5067]  0.4469 [ -0.7605;  1.6542]  0.9690 [ 0.0583;  1.8796]  -0.5221 [ -2.0343;  0.9901] -0.68  0.4986
LAE vs NC   7   0.53   -0.8736 [-1.5334; -0.2139] -0.5181 [ -1.4240;  0.3878] -1.2753 [-2.2380; -0.3125]   0.7572 [ -0.5648;  2.0792]  1.12  0.2616
LAE vs PAE  6   0.71    0.4045 [-0.2920;  1.1009]  0.2142 [ -0.6118;  1.0403]  0.8722 [-0.4229;  2.1672]  -0.6579 [ -2.1940;  0.8781] -0.84  0.4012
LAE vs SME  1 < 0.01    0.9403 [-0.2016;  2.0821] -11.1300 [-26.7075;  4.4475]  1.0055 [-0.1395;  2.1504] -12.1355 [-27.7550;  3.4840] -1.52  0.1278
LAE vs SRE  0   0       0.8594 [-0.5072;  2.2259]       .                       0.8594 [-0.5072;  2.2259]      .                   .      .     .
LAE vs STE  1   0.30   -0.1798 [-1.2188;  0.8592] -1.1800 [ -3.0846;  0.7246]  0.2440 [-0.9958;  1.4837]  -1.4240 [ -3.6965;  0.8486] -1.23  0.2194
LAE vs WBV  0   0       0.2488 [-1.1722;  1.6699]       .                       0.2488 [-1.1722;  1.6699]      .                   .      .     .
MBE vs NC   6   0.74   -1.6533 [-2.2576; -1.0490] -1.5984 [ -2.3014; -0.8954] -1.8086 [-2.9914; -0.6258]   0.2102 [ -1.1657;  1.5861]  0.30  0.7646
MBE vs PAE  1   0.20   -0.3752 [-1.2359;  0.4856]  0.6000 [ -1.3072;  2.5072] -0.6246 [-1.5892;  0.3400]   1.2246 [ -0.9126;  3.3619]  1.12  0.2614
MBE vs SME  0   0       0.1606 [-0.9562;  1.2774]       .                       0.1606 [-0.9562;  1.2774]      .                   .      .     .
MBE vs SRE  0   0       0.0797 [-1.2682;  1.4277]       .                       0.0797 [-1.2682;  1.4277]      .                   .      .     .
MBE vs STE  1   0.31   -0.9595 [-1.9778;  0.0589] -1.9000 [ -3.7372; -0.0628] -0.5423 [-1.7658;  0.6812]  -1.3577 [ -3.5650;  0.8496] -1.21  0.2280
MBE vs WBV  0   0      -0.5308 [-1.9270;  0.8654]       .                      -0.5308 [-1.9270;  0.8654]      .                   .      .     .
NC vs PAE   3   0.36    1.2781 [ 0.4807;  2.0755]  1.2972 [ -0.0344;  2.6287]  1.2674 [ 0.2718;  2.2631]   0.0297 [ -1.6329;  1.6924]  0.04  0.9720
NC vs SME   3   0.69    1.8139 [ 0.8200;  2.8078]  2.2686 [  1.0755;  3.4618]  0.7828 [-1.0138;  2.5794]   1.4859 [ -0.6708;  3.6425]  1.35  0.1769
NC vs SRE   2   0.62    1.7330 [ 0.4701;  2.9959]  1.7724 [  0.1718;  3.3730]  1.6680 [-0.3876;  3.7236]   0.1045 [ -2.5008;  2.7097]  0.08  0.9374
NC vs STE   1   0.15    0.6938 [-0.2678;  1.6555]  1.8000 [ -0.6658;  4.2658]  0.4954 [-0.5490;  1.5397]   1.3046 [ -1.3733;  3.9825]  0.95  0.3396
NC vs WBV   2   1.00    1.1225 [-0.1362;  2.3811]  1.1225 [ -0.1362;  2.3811]       .                          .                   .      .     .
PAE vs SME  0   0       0.5358 [-0.7033;  1.7748]       .                       0.5358 [-0.7033;  1.7748]      .                   .      .     .
PAE vs SRE  0   0       0.4549 [-0.9977;  1.9075]       .                       0.4549 [-0.9977;  1.9075]      .                   .      .     .
PAE vs STE  0   0      -0.5843 [-1.7471;  0.5785]       .                      -0.5843 [-1.7471;  0.5785]      .                   .      .     .
PAE vs WBV  0   0      -0.1557 [-1.6456;  1.3343]       .                      -0.1557 [-1.6456;  1.3343]      .                   .      .     .
SME vs SRE  0   0      -0.0809 [-1.5530;  1.3912]       .                      -0.0809 [-1.5530;  1.3912]      .                   .      .     .
SME vs STE  2   0.57   -1.1201 [-2.1901; -0.0501] -0.5811 [ -1.9947;  0.8326] -1.8431 [-3.4803; -0.2058]   1.2620 [ -0.9011;  3.4251]  1.14  0.2528
SME vs WBV  0   0      -0.6914 [-2.2952;  0.9123]       .                      -0.6914 [-2.2952;  0.9123]      .                   .      .     .
SRE vs STE  4   0.70   -0.0392 [-2.2714;  0.1930] -0.5936 [ -2.0671;  0.8800] -2.0753 [-4.3222;  0.1715]   1.4818 [ -1.2052;  4.1687]  1.08  0.2798
SRE vs WBV  0   0      -0.6106 [-2.3936;  1.1724]       .                      -0.6106 [-2.3936;  1.1724]      .                   .      .     .
STE vs WBV  0   0       0.4287 [-1.1553;  2.0126]       .                       0.4287 [-1.1553;  2.0126]      .                   .      .     .
```

# C. Sleep

Random effects model:

```
comparison  k prop    nma       95%-CI  direct          95%-CI  indir.          95%-CI  Diff              95%-CI     z p-value
AC vs LAE   1 0.86  1.1355 [-0.5923;  2.8634]  0.2000 [-1.6620;  2.0620]  6.9337 [ 2.2981; 11.5693] -6.7337 [-11.7293; -1.7381] -2.64  0.0082
AC vs MBE   1 0.32  0.7514 [-1.5875;  3.0902]  5.3000 [ 1.1942;  9.4058] -1.4337 [-4.2794;  1.4120]  6.7337 [  1.7381; 11.7293]  2.64  0.0082
AC vs NC    0    0  0.7689 [-1.6263;  3.1641]       .              .      0.7689 [-1.6263;  3.1641]       .              .        .    .
AC vs PAE   0    0  1.4773 [-0.9077;  3.8623]       .              .      1.4773 [-0.9077;  3.8623]       .              .        .    .
AC vs SME   0    0  2.5688 [-0.4392;  5.5769]       .              .      2.5688 [-0.4392;  5.5769]       .              .        .    .
AC vs SRE   0    0  3.1514 [ 0.3116;  5.9913]       .              .      3.1514 [ 0.3116;  5.9913]       .              .        .    .
AC vs STE   0    0  1.7161 [-1.1974;  4.6296]       .              .      1.7161 [-1.1974;  4.6296]       .              .        .    .
AC vs WBV   0    0  7.7189 [ 3.8205; 11.6172]       .              .      7.7189 [ 3.8205; 11.6172]       .              .        .    .
LAE vs MBE  1 0.30 -0.3841 [-2.3262;  1.5579] -3.7000 [-7.2351; -0.1649]  1.0491 [-1.2751;  3.3733] -4.7491 [ -8.9798; -0.5184] -2.20  0.0278
LAE vs NC   2 0.09 -0.3666 [-2.3470;  1.6138] -0.1801 [-6.7193;  6.3592] -0.3855 [-2.4635;  1.6925]  0.2054 [ -6.6561;  7.0669]  0.06  0.9532
LAE vs PAE  1 0.61  0.3418 [-1.5465;  2.2302]  0.2900 [-2.1288;  2.7088]  0.4227 [-2.5992;  3.4445] -0.1327 [ -4.0033;  3.7380] -0.07  0.9464
LAE vs SME  0    0  1.4333 [-1.2562;  4.1228]       .              .      1.4333 [-1.2562;  4.1228]       .              .        .    .
LAE vs SRE  0    0  2.0159 [-0.4841;  4.5159]       .              .      2.0159 [-0.4841;  4.5159]       .              .        .    .
LAE vs STE  0    0  0.5805 [-2.0028;  3.1639]       .              .      0.5805 [-2.0028;  3.1639]       .              .        .    .
LAE vs WBV  0    0  6.5834 [ 2.9252; 10.2415]       .              .      6.5834 [ 2.9252; 10.2415]       .              .        .    .
MBE vs NC   5 0.89  0.0175 [-0.8943;  0.9293]  0.0576 [-0.9072;  1.0223] -0.3176 [-3.1084;  2.4732]  0.3751 [ -2.5777;  3.3280]  0.25  0.8034
MBE vs PAE  1 0.27  0.7260 [-0.7833;  2.2352]  0.4000 [-2.5085;  3.3085]  0.8461 [-0.9195;  2.6116] -0.4461 [ -3.8485;  2.9564] -0.26  0.7972
MBE vs SME  0    0  1.8175 [-0.2180;  3.8529]       .              .      1.8175 [-0.2180;  3.8529]       .              .        .    .
MBE vs SRE  0    0  2.4001 [ 0.6226;  4.1775]       .              .      2.4001 [ 0.6226;  4.1775]       .              .        .    .
MBE vs STE  0    0  0.9647 [-0.9282;  2.8576]       .              .      0.9647 [-0.9282;  2.8576]       .              .        .    .
MBE vs WBV  0    0  6.9675 [ 3.7595; 10.1756]       .              .      6.9675 [ 3.7595; 10.1756]       .              .        .    .
NC vs PAE   2 0.65  0.7084 [-0.7225;  2.1394]  0.8580 [-0.9184;  2.6344]  0.4321 [-1.9830;  2.8471]  0.4259 [ -2.5721;  3.4239]  0.28  0.7807
NC vs SME   1 0.73  1.8000 [-0.0198;  3.6197]  1.0300 [-1.0965;  3.1565]  3.9064 [ 0.3891;  7.4237] -2.8764 [ -6.9865;  1.2337] -1.37  0.1702
NC vs SRE   3 0.85  2.3826 [ 0.8568;  3.9083]  2.5436 [ 0.8922;  4.1949]  1.4430 [-2.5461;  5.4320]  1.1006 [ -3.2167;  5.4179]  0.50  0.6173
NC vs STE   1 0.52  0.9472 [-0.7116;  2.6060]  1.8500 [-0.4465;  4.1465] -0.0378 [-2.4364;  2.3609]  1.8878 [ -1.4330;  5.2085]  1.11  0.2652
NC vs WBV   1 1.00  6.9500 [ 3.8743; 10.0257]  6.9500 [ 3.8743; 10.0257]       .              .            .              .      .    .
PAE vs SME  0    0  1.0915 [-1.2235;  3.4065]       .              .      1.0915 [-1.2235;  3.4065]       .              .        .    .
PAE vs SRE  0    0  1.6741 [-0.4177;  3.7659]       .              .      1.6741 [-0.4177;  3.7659]       .              .        .    .
PAE vs STE  0    0  0.2387 [-1.9520;  2.4295]       .              .      0.2387 [-1.9520;  2.4295]       .              .        .    .
PAE vs WBV  0    0  6.2416 [ 2.8492;  9.6339]       .              .      6.2416 [ 2.8492;  9.6339]       .              .        .    .
SME vs SRE  0    0  0.5826 [-1.5897;  2.7549]       .              .      0.5826 [-1.5897;  2.7549]       .              .        .    .
SME vs STE  1 0.47 -0.8528 [-2.9047;  1.1992] -2.3700 [-5.3551;  0.6151]  0.5064 [-2.3189;  3.3317] -2.8764 [ -6.9865;  1.2337] -1.37  0.1702
SME vs WBV  0    0  5.1500 [ 1.5763;  8.7238]       .              .      5.1500 [ 1.5763;  8.7238]       .              .        .    .
SRE vs STE  2 0.84 -1.4354 [-2.9667;  0.0960] -1.1952 [-2.8648;  0.4743] -2.7082 [-6.5519;  1.1355]  1.5129 [ -2.6777;  5.7036]  0.71  0.4792
SRE vs WBV  0    0  4.5674 [ 1.1341;  8.0008]       .              .      4.5674 [ 1.1341;  8.0008]       .              .        .    .
STE vs WBV  0    0  6.0028 [ 2.5083;  9.4974]       .              .      6.0028 [ 2.5083;  9.4974]       .              .        .    .
```
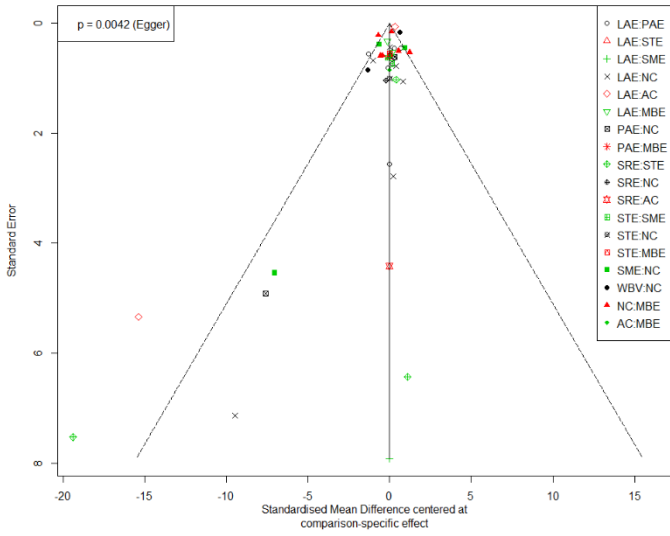
## D. Anxiety

```
Legend:
 comparison - Treatment comparison
 k          - Number of studies providing direct evidence
 prop       - Direct evidence proportion
 nma        - Estimated treatment effect (SMD) in network meta-analysis
 direct     - Estimated treatment effect (SMD) derived from direct evidence
 indir.     - Estimated treatment effect (SMD) derived from indirect evidence
 Diff       - Difference between direct and indirect treatment estimates
 z          - z-value of test for disagreement (direct versus indirect)
 p-value    - p-value of test for disagreement (direct versus indirect)
```
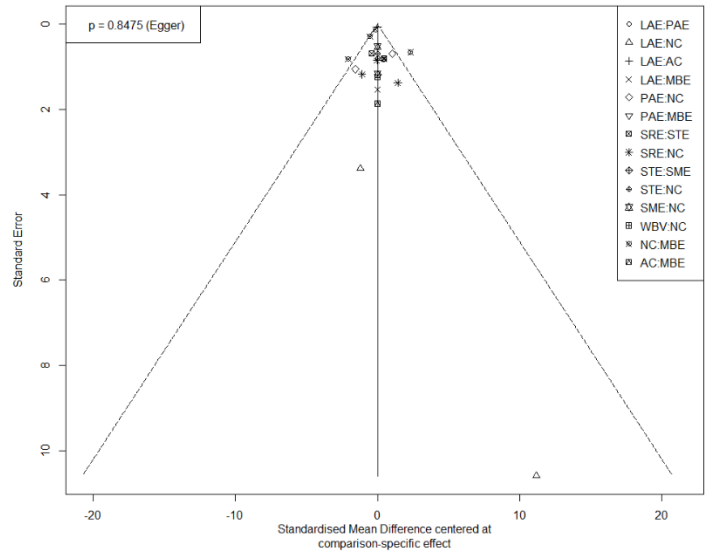
```
Random effects model:

comparison k prop     nma        95%-CI  direct          95%-CI  indir.          95%-CI  Diff             95%-CI     z p-value
 AC vs LAE 1 0.82   0.3955 [-1.4617;  2.2527]  0.6000 [-1.4527;  2.6527] -0.5272 [-4.8874;  3.8329]  1.1272 [-3.6919; 5.9464]  0.46  0.6466
 AC vs MBE 1 0.33  -0.3449 [-2.6110;  1.9213] -1.1000 [-5.0444;  2.8444]  0.0272 [-2.7415;  2.7960] -1.1272 [-5.9464; 3.6919] -0.46  0.6466
  AC vs NC 0    0  -2.4770 [-4.7977; -0.1563]       .               .     -2.4770 [-4.7977; -0.1563]       .              .       .       .
 AC vs PAE 0    0   2.3498 [-0.7138;  5.4135]       .               .      2.3498 [-0.7138;  5.4135]       .              .       .       .
 AC vs SME 0    0  -0.5766 [-3.4579;  2.3046]       .               .     -0.5766 [-3.4579;  2.3046]       .              .       .       .
 AC vs SRE 0    0  -1.8332 [-5.3431;  1.6768]       .               .     -1.8332 [-5.3431;  1.6768]       .              .       .       .
 AC vs STE 0    0  -2.0667 [-4.9347;  0.8013]       .               .     -2.0667 [-4.9347;  0.8013]       .              .       .       .
LAE vs MBE 1 0.42  -0.7403 [-2.4547;  0.9741]  0.1000 [-2.5405;  2.7405] -1.3527 [-3.6069;  0.9014]  1.4527 [-2.0191; 4.9246]  0.82  0.4121
 LAE vs NC 3 0.47  -2.8725 [-4.5076; -1.2374] -2.6028 [-4.9874; -0.2181] -3.1119 [-5.3582; -0.8656]  0.5091 [-2.7669; 3.7852]  0.30  0.7607
LAE vs PAE 1 0.68   1.9544 [-0.5355;  4.4442]  1.7000 [-1.3177;  4.7177]  2.4968 [-1.9102;  6.9038] -0.7968 [-6.1380; 4.5443] -0.29  0.7700
LAE vs SME 0    0  -0.9721 [-3.3278;  1.3836]       .               .     -0.9721 [-3.3278;  1.3836]       .              .       .       .
LAE vs SRE 0    0  -2.2287 [-5.3184;  0.8611]       .               .     -2.2287 [-5.3184;  0.8611]       .              .       .       .
LAE vs STE 1 0.21  -2.4622 [-4.7896; -0.1349] -4.8300 [-9.9172;  0.2572] -1.8355 [-4.4528;  0.7818] -2.9945 [-8.7155; 2.7265] -1.03  0.3049
 MBE vs NC 3 0.77  -2.1322 [-3.6000; -0.6644] -1.9295 [-3.6074; -0.2516] -2.7929 [-5.8223;  0.2366]  0.8634 [-2.5998; 4.3265]  0.49  0.6251
MBE vs PAE 0    0   2.6947 [-0.1170;  5.5064]       .               .      2.6947 [-0.1170;  5.5064]       .              .       .       .
MBE vs SME 0    0  -0.2318 [-2.5162;  2.0527]       .               .     -0.2318 [-2.5162;  2.0527]       .              .       .       .
MBE vs SRE 0    0  -1.4883 [-4.5405;  1.5638]       .               .     -1.4883 [-4.5405;  1.5638]       .              .       .       .
MBE vs STE 0    0  -1.7219 [-4.0353;  0.5915]       .               .     -1.7219 [-4.0353;  0.5915]       .              .       .       .
 NC vs PAE 2 0.42   4.8269 [ 2.1874;  7.4663]  5.2860 [ 1.2319;  9.3400]  4.4891 [ 1.0117;  7.9665]  0.7968 [-4.5443; 6.1380]  0.29  0.7700
 NC vs SME 2 0.72   1.9004 [ 0.1208;  3.6800]  1.7872 [-0.3099;  3.8843]  2.1916 [-1.1720;  5.5553] -0.4044 [-4.3683; 3.5594] -0.20  0.8415
 NC vs SRE 2 0.70   0.6439 [-2.0614;  3.3492]  1.8071 [-1.4241;  5.0383] -2.0830 [-7.0303;  2.8642]  3.8901 [-2.0188; 9.7991]  1.29  0.1969
 NC vs STE 1 0.50   0.4103 [-1.4458;  2.2665]  0.9600 [-1.6705;  3.5905] -0.1348 [-2.7544;  2.4847]  1.0948 [-2.6175; 4.8072]  0.58  0.5632
PAE vs SME 0    0  -2.9265 [-6.0802;  0.2273]       .               .     -2.9265 [-6.0802;  0.2273]       .              .       .       .
PAE vs SRE 0    0  -4.1830 [-7.9245; -0.4416]       .               .     -4.1830 [-7.9245; -0.4416]       .              .       .       .
PAE vs STE 0    0  -4.4166 [-7.5725; -1.2606]       .               .     -4.4166 [-7.5725; -1.2606]       .              .       .       .
SME vs SRE 0    0  -1.2565 [-4.2016;  1.6885]       .               .     -1.2565 [-4.2016;  1.6885]       .              .       .       .
SME vs STE 1 0.60  -1.4901 [-3.4281;  0.4479] -1.6500 [-4.1424;  0.8424] -1.2456 [-4.3278;  1.8367] -0.4044 [-4.3683; 3.5594] -0.20  0.8415
SRE vs STE 3 0.88  -0.2336 [-2.7618;  2.2947] -0.1543 [-2.8430;  2.5344] -0.8390 [-8.2682;  6.5902]  0.6847 [-7.2160; 8.5855]  0.17  0.8651
```

# E. Depression

```
Legend:
 comparison - Treatment comparison
 k          - Number of studies providing direct evidence
 prop       - Direct evidence proportion
 nma        - Estimated treatment effect (SMD) in network meta-analysis
 direct     - Estimated treatment effect (SMD) derived from direct evidence
 indir.     - Estimated treatment effect (SMD) derived from indirect evidence
 Diff       - Difference between direct and indirect treatment estimates
 z          - z-value of test for disagreement (direct versus indirect)
 p-value    - p-value of test for disagreement (direct versus indirect)
```

```
Random effects model:

comparison k prop    nma         95%-CI direct           95%-CI indir.            95%-CI  Diff              95%-CI     z p-value
 AC vs LAE 1 0.60  0.8475 [-5.9975;  7.6925] -0.1000 [ -8.9415;  8.7415]  2.2650 [ -8.5493; 13.0793] -2.3650 [-16.3336; 11.6036] -0.33  0.7400
 AC vs MBE 1 0.54  1.2005 [-5.7666;  8.1675]  2.3000 [ -7.2245; 11.8245] -0.0650 [-10.2829; 10.1529]  2.3650 [-11.6036; 16.3336]  0.33  0.7400
  AC vs NC 0    0 -2.0019 [-9.1055;  5.1017]       .                   . -2.0019 [ -9.1055;  5.1017]       .                   .     .       .
 AC vs PAE 0    0  1.4218 [-6.3897;  9.2332]       .                   .  1.4218 [ -6.3897;  9.2332]       .                   .     .       .
 AC vs SME 0    0  4.3243 [-3.8735; 12.5222]       .                   .  4.3243 [ -3.8735; 12.5222]       .                   .     .       .
 AC vs SRE 0    0  1.6832 [-7.3208; 10.6872]       .                   .  1.6832 [ -7.3208; 10.6872]       .                   .     .       .
 AC vs STE 0    0  0.9726 [-7.4181;  9.3634]       .                   .  0.9726 [ -7.4181;  9.3634]       .                   .     .       .
 AC vs WBV 0    0  8.4381 [-5.1293; 22.0054]       .                   .  8.4381 [ -5.1293; 22.0054]       .                   .     .       .
LAE vs MBE 1 0.28  0.3530 [-4.4121;  5.1181]  1.2000 [ -7.8389; 10.2389]  0.0269 [ -5.5807;  5.6346]  1.1731 [ -9.4640; 11.8101]  0.22  0.8289
 LAE vs NC 9 0.66 -2.8494 [-5.9006;  0.2017] -4.0905 [ -7.8386; -0.3423] -0.4115 [ -5.6648;  4.8418] -3.6790 [-10.1323;  2.7744] -1.12  0.2638
LAE vs PAE 4 0.71  0.5743 [-3.4344;  4.5829]  0.8553 [ -3.8955;  5.6060] -0.1204 [ -7.5899;  7.3491]  0.9757 [ -7.8766;  9.8280]  0.22  0.8290
LAE vs SME 1 0.31  3.4768 [-1.4808;  8.4345]  7.9100 [ -0.9881; 16.8081]  1.4812 [ -4.4889;  7.4513]  6.4288 [ -4.2866; 17.1441]  1.18  0.2396
LAE vs SRE 0    0  0.8357 [-5.3868;  7.0582]       .                   .  0.8357 [ -5.3868;  7.0582]       .                   .     .       .
LAE vs STE 1 0.30  0.1251 [-5.1102;  5.3604] -0.7400 [-10.3578;  8.8778]  0.4894 [ -5.7515;  6.7303] -1.2294 [-12.6946; 10.2358] -0.21  0.8335
LAE vs WBV 0    0  7.5906 [-4.3644; 19.5456]       .                   .  7.5906 [ -4.3644; 19.5456]       .                   .     .       .
 MBE vs NC 3 0.70 -3.2024 [-7.6404;  1.2357] -2.5692 [ -7.8755;  2.7372] -4.6764 [-12.7724;  3.4196]  2.1072 [ -7.5728; 11.7873]  0.43  0.6696
MBE vs PAE 0    0  0.2213 [-5.6660;  6.1086]       .                   .  0.2213 [ -5.6660;  6.1086]       .                   .     .       .
MBE vs SME 0    0  3.1239 [-3.0527;  9.3005]       .                   .  3.1239 [ -3.0527;  9.3005]       .                   .     .       .
MBE vs SRE 0    0  0.4827 [-6.7076;  7.6730]       .                   .  0.4827 [ -6.7076;  7.6730]       .                   .     .       .
MBE vs STE 0    0 -0.2278 [-6.6916;  6.2359]       .                   . -0.2278 [ -6.6916;  6.2359]       .                   .     .       .
MBE vs WBV 0    0  7.2376 [-5.1442; 19.6194]       .                   .  7.2376 [ -5.1442; 19.6194]       .                   .     .       .
 NC vs PAE 2 0.43  3.4237 [-0.9534;  7.8008]  2.8635 [ -3.8445;  9.5714]  3.8391 [ -1.9373;  9.6155] -0.9757 [ -9.8280;  7.8766] -0.22  0.8290
 NC vs SME 3 0.69  6.3263 [ 1.8448; 10.8077]  7.4002 [  2.0005; 12.7999]  3.9493 [ -4.0842; 11.9827]  3.4509 [ -6.2286; 13.1304]  0.70  0.4847
 NC vs SRE 2 0.63  3.6851 [-2.0881;  9.4584]  3.5651 [ -3.6888; 10.8190]  3.8925 [ -5.6429; 13.4279] -0.3274 [-12.3083; 11.6536] -0.05  0.9573
 NC vs STE 1 0.29  2.9745 [-1.9368;  7.8859]  0.9500 [ -8.1924; 10.0924]  3.7958 [ -2.0271;  9.6188] -2.8458 [-13.6851;  7.9934] -0.51  0.6068
 NC vs WBV 1 1.00 10.4400 [-1.1191; 21.9991] 10.4400 [ -1.1191; 21.9991]       .                   .       .                   .     .       .
PAE vs SME 0    0  2.9026 [-3.1004;  8.9056]       .                   .  2.9026 [ -3.1004;  8.9056]       .                   .     .       .
PAE vs SRE 0    0  0.2614 [-6.8011;  7.3239]       .                   .  0.2614 [ -6.8011;  7.3239]       .                   .     .       .
PAE vs STE 0    0 -0.4491 [-6.7157;  5.8174]       .                   . -0.4491 [ -6.7157;  5.8174]       .                   .     .       .
PAE vs WBV 0    0  7.0163 [-5.3438; 19.3764]       .                   .  7.0163 [ -5.3438; 19.3764]       .                   .     .       .
SME vs SRE 0    0 -2.6412 [-9.0593;  3.7770]       .                   . -2.6412 [ -9.0593;  3.7770]       .                   .     .       .
SME vs STE 2 0.58 -3.3517 [-8.3945;  1.6911] -1.9894 [ -8.6013;  4.6225] -5.2461 [-13.0429;  2.5508]  3.2567 [ -6.9662; 13.4796]  0.62  0.5324
SME vs WBV 0    0  4.1137 [-8.2837; 16.5111]       .                   .  4.1137 [ -8.2837; 16.5111]       .                   .     .       .
SRE vs STE 3 0.84 -0.7106 [-5.8143;  4.3932] -1.2154 [ -6.7949;  4.3640]  1.8774 [-10.7547; 14.5096] -3.0929 [-16.9023; 10.7166] -0.44  0.6607
SRE vs WBV 0    0  6.7549 [-6.1657; 19.6755]       .                   .  6.7549 [ -6.1657; 19.6755]       .                   .     .       .
STE vs WBV 0    0  7.4655 [-5.0938; 20.0247]       .                   .  7.4655 [ -5.0938; 20.0247]       .                   .     .       .
```
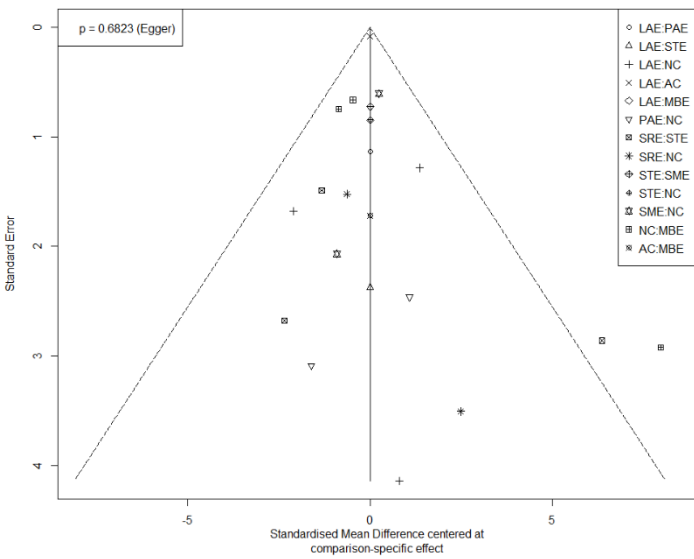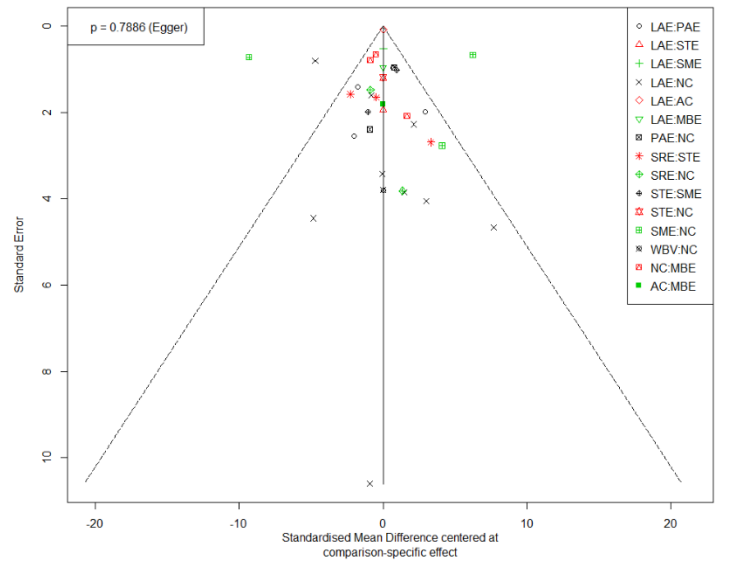
**Supplementary Figure 4.** Network Graphs of Second Outcomes

## A. Pain



## B. Sleep



## C. Anxiety



## D. Depression

**Supplementary Figure 5.** Comparison-Adjusted Funnel Plot

**A. Pain**



**B. Sleep**



**C. Anxiety**



**D. Depression**

**Supplementary Appendix 1**. PRISMA NMA checklist

| Section/Topic | Item | Checklist Item | Reported on Page |
|---|---|---|---|
| **TITLE** | | | |
| Title | 1 | Identify the report as a systematic review *incorporating a network meta-analysis (or related form of meta-analysis).* | 1 |
| **ABSTRACT** | | | |
| Structured summary | 2 | Provide a structured summary including, as applicable: Background: main objectives Methods: data sources; study eligibility criteria, participants, and interventions; study appraisal; and *synthesis methods, such as network meta-analysis.* Results: number of studies and participants identified; summary estimates with corresponding confidence/credible intervals; *treatment rankings may also be discussed. Authors may choose to summarize pairwise comparisons against a chosen treatment included in their analyze for brevity.* Discussion/Conclusions: limitations; conclusions and implications of findings. Other: primary source of funding; systematic review registration number with registry name. | 1 |
| **INTRODUCTION** | | | |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known, *including mention of why a network meta-analysis has been conducted.* | 2 |
| Objectives | 4 | Provide an explicit statement of questions being addressed, with reference to participants, interventions, comparisons, outcomes, and study design (PICOS). | 3-4 |
| **METHODS** | | | |
| Protocol and registration | 5 | Indicate whether a review protocol exists and if and where it can be accessed (e.g., Web address); and, if available, provide registration information, including registration number. | 2 |
| Eligibility criteria | 6 | Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale. *Clearly describe eligible treatments included in the treatment network, and note whether any have been clustered or merged into the same node (with justification).* | 3 |
| Information sources | 7 | Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched. | 3, Supplementary Appendix 1 |
| Search | 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated. | 3, Supplementary Table 1 |
| Study selection | 9 | State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis). | 3, Supplementary Table 2, |

| | | | Supplementary Table 3 |
|---|---|---|---|
| Data collection process | 10 | Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators. | 4 |
| Data items | 11 | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made. | 4 |
| Geometry of the network | S1 | Describe methods used to explore the geometry of the treatment network under study and potential biases related to it. This should include how the evidence base has been graphically summarized for presentation, and what characteristics were compiled and used to describe the evidence base to readers. | 4-5 |
| Risk of bias within individual studies | 12 | Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis. | 4 |
| Summary measures | 13 | State the principal summary measures (e.g., risk ratio, difference in means). *Also describe the use of additional summary measures assessed, such as treatment rankings and surface under the cumulative ranking curve (SUCRA) values, as well as modified approaches used to present summary findings from meta-analyze.* | 4 |
| Planned methods of analysis | 14 | Describe the methods of handling data and combining results of studies for each network meta-analysis. This should include, but not be limited to: *Handling of multi-arm trials; Selection of variance structure; Selection of prior distributions in Bayesian analyze; and Assessment of model fit.* | 4-5 |
| Assessment of Inconsistency | S2 | Describe the statistical methods used to evaluate the agreement of direct and indirect evidence in the treatment network(s) studied. Describe efforts taken to address its presence when found. | 5 |
| Assessment of Inconsistency | 15 | Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies). | 5 |
| Additional analyze | 16 | Describe methods of additional analyze if done, indicating which were pre-specified. This may include, but not be limited to, the following: Sensitivity or subgroup analyze; Meta-regression analyze; *Alternative formulations of the treatment network; and Use of alternative prior distributions for Bayesian analyze (if applicable).* | NA |
| **RESULTS** | | | |
| Study selection | 17 | Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram. | 5, Figure1 |
| Presentation of network structure | S3 | Provide a network graph of the included studies to enable | Figure 2, |

| | | | |
|---|---|---|---|
| | | visualization of the geometry of the treatment network. | Supplementary Figure 2 |
| Summary of network geometry | S4 | Provide a brief overview of characteristics of the treatment network. This may include commentary on the abundance of trials and randomized patients for the different interventions and pairwise comparisons in the network, gaps of evidence in the treatment network, and potential biases reflected by the network structure. | 6-7 |
| Study characteristics | 18 | For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations. | 5, Table 1 |
| Risk of bias within studies | 19 | Present data on risk of bias of each study and, if available, any outcome level assessment. | 6, Supplementary Figure 1, Supplementary Table 6, Supplementary Table 7 |
| Results of individual studies | 20 | For all outcomes considered (benefits or harms), present, for each study: 1) simple summary data for each intervention group, and 2) effect estimates and confidence intervals. *Modified approaches may be needed to deal with information from larger networks.* | Table 1, Figure3, Supplementary Table 5 |
| Synthesis of results | 21 | Present results of each meta-analysis done, including confidence/credible intervals. In larger networks, authors may focus on comparisons versus a particular comparator (e.g., placebo or standard care), with full findings presented in an appendix. League tables and forest plots may be considered to summarize pair-wise comparisons. If additional summary measures were explored (such as treatment rankings), these should also be presented. | 6-7, Figure2, Figure3, Figure4, Supplementary Table 5, Supplementary Figure 4 |
| Exploration for inconsistency | S5 | Describe results from investigations of inconsistency. This may include such information as measures of model fit to compare consistency and inconsistency models, P values from statistical tests, or summary of inconsistency estimates from different parts of the treatment network. | 6, Supplementary Table 4, Supplementary Figure 3 |
| Risk of bias across studies | 22 | Present results of any assessment of risk of bias across studies for the evidence base being studied. | 6, Supplementary Figure 1 |
| Results of additional analyze | 23 | Give results of additional analyze, if done (e.g., sensitivity or subgroup analyze, meta-regression analyses, alternative network geometries studied, alternative choice of prior distributions for Bayesian analyze, and so forth). | NA |
| **DISCUSSION** | | | |
| Summary of evidence | 24 | Summarize the main findings, including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy-makers). | 7, 9 |
| Limitations | 25 | Discuss limitations at study and outcome level (e.g., risk of bias), and at review level (e.g., incomplete retrieval of identified research, | 9 |

| | | | | |
|---|---|---|---|---|
| | | reporting bias). *Comment on the validity of the assumptions, such as transitivity and consistency. Comment on any concerns regarding network geometry (e.g., avoidance of certain comparisons).* | | |
| Conclusions | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research. | 9 | |
| **FUNDING** | | | | |
| Funding | 27 | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review. This should also include information regarding whether funding has been received from manufacturers of treatments in the network and/or whether some of the authors are content experts with professional conflicts of interest that could affect use of treatments in the network. | | |

PICOS = population, intervention, comparators, outcomes, study design.

**Supplementary Appendix 2**. All RCTs citations included in this study[1-55]

[1]    De Medeiros SA, De Almeida Silva HJ, Do Nascimento RM, Da Silva Maia JB, De Almeida Lins CA, De Souza MC. Mat pilates is as effective as aquatic aerobic exercise in treating women with fibromyalgia: A clinical, randomized and blind trial. Advances in Rheumatology. 2020;60(1)

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[5]    Izquierdo-Alventosa R, Inglés M, Cortés-Amador S, Gimeno-Mallench L, Chirivella-Garrido J, Kropotov J, et al. Low-intensity physical exercise improves pain catastrophizing and other psychological and physical aspects in women with fibromyalgia: A randomized controlled trial. International Journal of Environmental Research and Public Health. 2020;17(10)

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[57]    NCT00383084    Lifestyle Physical Activity to Reduce Pain and Fatigue in Adults With Fibromyalgia - Study Results - ClinicalTrials.gov