

Supplementary File S1

Network Meta-analysis of Pain-Fatigue-Sleep Disturbance Symptom Cluster **【SMD, (95%CI)】**

Pain													
	3.55	3.77	4.17	4.29	4.39	4.41	4.39	4.41	4.43	4.66	4.67	5.03	4.76
D	(-0.75,7.86)	(-0.19,7.74)	(-1.50,9.84)	(-1.37,9.95)	(-1.27,10.06)	(-1.25,10.08)	(0.22,8.57)	(-1.25,10.07)	(-0.41,9.28)	(-1.00,10.32)	(-0.99,10.33)	(-0.63,10.70)	(1.36,8.17)
-	G	0.22	0.62	0.74	0.84	0.86	0.84	0.86	0.88	1.11	1.12	1.48	1.21
		(-3.11,3.55)	(-4.62,5.86)	(-4.49,5.97)	(-4.39,6.08)	(-4.38,6.10)	(-2.73,4.42)	(-4.37,6.09)	(-3.45,5.22)	(-4.12,6.34)	(-4.11,6.35)	(-3.75,6.72)	(-1.42,3.85)
-	-	B	0.40	0.52	0.62	0.64	0.62	0.64	0.66	0.89	0.90	1.26	0.99
			(-4.56,5.37)	(-4.44,5.47)	(-4.34,5.59)	(-4.32,5.60)	(-2.54,3.78)	(-4.32,5.59)	(-3.33,4.66)	(-4.06,5.84)	(-4.06,5.85)	(-3.70,6.22)	(-1.04,3.02)
-	-	-	L	0.12	0.22	0.24	0.22	0.24	0.26	0.49	0.50	0.86	0.59
				(-6.28,6.52)	(-6.18,6.63)	(-6.16,6.64)	(-4.91,5.36)	(-6.16,6.64)	(-5.43,5.95)	(-5.91,6.88)	(-5.90,6.89)	(-5.54,7.26)	(-3.94,5.12)
-	-	-	-	0.10	0.12	0.10	0.10	0.12	0.14	0.37	0.38	0.74	0.47
			K	(-6.29,6.50)	(-6.27,6.52)	(-6.27,6.53)	(-5.02,5.23)	(-6.27,6.51)	(-5.54,5.82)	(-6.02,6.76)	(-6.01,6.77)	(-5.65,7.14)	(-4.05,4.99)
-	-	-	-	0.02	-0.00	0.01	0.04	0.26	0.27	0.64	0.64	0.64	0.37
			H	(-6.38,6.42)	(-5.13,5.13)	(-6.38,6.41)	(-5.65,5.73)	(-6.13,6.66)	(-6.12,6.67)	(-6.12,6.67)	(-5.76,7.04)	(-4.16,4.89)	
-	-	-	-	-	-	M	-0.02	-0.00	0.02	0.25	0.26	0.62	0.35

								(-5.15,5.1 1)	(-6.40,6.3 9)	(-5.66,5.7 1)	(-6.14,6.6 4)	(-6.14,6. 65)	(-5.78,7.0 2)	(-4.17,4.88)
									0.02	0.04	0.27	0.28	0.64	0.37
-	-	-	-	-	-	-	C	(-5.11,5.1 4)	(-3.40,3.4 8)	(-4.86,5.3 9)	(-4.85,5. 40)	(-4.49,5.7 7)	(-2.05,2.79)	
									0.03	0.25	0.26	0.62	0.35	
-	-	-	-	-	-	-	E	(-5.66,5.7 1)	(-6.14,6.6 4)	(-6.13,6. 65)	(-5.77,7.0 2)	(-4.17,4.88)		
									0.22	0.23	0.60	0.33		
-	-	-	-	-	-	-	-	-	N	(-5.45,5.9 0)	(-5.45,5. 91)	(-5.09,6.2 8)	(-3.11,3.77)	
										0.01	0.37	0.10		
-	-	-	-	-	-	-	-	-	-	F	(-6.38,6. 40)	(-6.02,6.7 7)	(-4.41,4.62)	
											0.36	0.09		
-	-	-	-	-	-	-	-	-	-	-	J	(-6.03,6.7 6)	(-4.42,4.61)	
												I	-0.27	
-	-	-	-	-	-	-	-	-	-	-	-	-	(-4.79,4.25)	
-	-	-	-	-	-	-	-	-	-	-	-	-	A	

Fatigue

	1.13	2.44	2.49	2.65	3.08	3.14	3.26	3.35	3.44	3.58	3.81	3.95	3.80
D	(-3.03,5.29)	(-1.12,6.00)	(-0.67,5.65)	(-0.26,5.5 5)	(-1.08,7.2 4)	(-1.01,7.3 0)	(0.20,6.3 2)	(-0.80,7.5 0)	(-0.70,7.5 8)	(-0.57,7.7 3)	(-0.33,7. 95)	(-0.20,8.0 9)	(1.31,6.29)
-	E	1.31 (-2.89,5.50)	1.36 (-2.50,5.23)	1.52 (-2.14,5.1)	1.95 (-2.76,6.6)	2.01 (-2.69,6.7)	2.13 (-1.65,5.9)	2.22 (-2.48,6.9)	2.31 (-2.39,7.0)	2.45 (-2.26,7.1)	2.68 (-2.01,7.	2.82 (-1.88,7.5)	2.67 (-0.66,6.01)

))	8)	6)	2)	1)	3)	1)	6)	38)	2)	
			0.06	0.21	0.64	0.71	0.83	0.92	1.01	1.14	1.38	1.51	1.37
-	-	N	(-3.15,3.26	(-2.74,3.1	(-3.55,4.8	(-3.48,4.8	(-1.71,3.3	(-3.27,5.1	(-3.17,5.1	(-3.04,5.3	(-2.80,5.	(-2.67,5.6	(-1.18,3.91)
)	7)	3)	9)	6)	0)	8)	3)	55)	8)	
				0.15	0.59	0.65	0.77	0.86	0.95	1.09	1.32	1.45	1.31
-	-	-	G	(-2.31,2.6	(-3.27,4.4	(-3.20,4.5	(-1.87,3.4	(-2.99,4.7	(-2.89,4.7	(-2.76,4.9	(-2.52,5.	(-2.39,5.2	(-0.64,3.26)
				1)	4)	0)	0)	1)	9)	4)	16)	9)	
					0.43	0.50	0.61	0.71	0.79	0.93	1.16	1.30	1.16
-	-	-	-	B	(-3.22,4.0	(-3.15,4.1	(-1.71,2.9	(-2.94,4.3	(-2.84,4.4	(-2.71,4.5	(-2.47,4.	(-2.34,4.9	(-0.34,2.66)
					9)	4)	4)	5)	3)	8)	80)	3)	
						0.06	0.18	0.27	0.36	0.50	0.73	0.86	0.72
-	-	-	-	-	L	(-4.64,4.7	(-3.59,3.9	(-4.43,4.9	(-4.34,5.0	(-4.20,5.2	(-3.96,5.	(-3.83,5.5	(-2.61,4.05)
						7)	5)	7)	6)	0)	42)	6)	
							0.12	0.21	0.30	0.44	0.67	0.80	0.66
-	-	-	-	-	-	H	(-3.65,3.8	(-4.49,4.9	(-4.39,4.9	(-4.26,5.1	(-4.02,5.	(-3.89,5.4	(-2.66,3.98)
							9)	1)	9)	3)	36)	9)	
								0.09	0.18	0.32	0.55	0.68	0.54
-	-	-	-	-	-	-	C	(-3.67,3.8	(-3.58,3.9	(-3.45,4.0	(-3.21,4.	(-3.07,4.4	(-1.23,2.32)
								6)	4)	8)	31)	4)	
									0.09	0.23	0.46	0.59	0.45
-	-	-	-	-	-	-	-	I	(-4.60,4.7	(-4.47,4.9	(-4.23,5.	(-4.10,5.2	(-2.87,3.77)
									8)	2)	14)	8)	
										0.14	0.37	0.50	0.36
-	-	-	-	-	-	-	-	-	K	(-4.55,4.8	(-4.31,5.	(-4.18,5.1	(-2.95,3.67)
										3)	05)	9)	
											0.23	0.37	0.22
-	-	-	-	-	-	-	-	-	-	M	(-4.46,4.	(-4.32,5.0	(-3.10,3.55)

-	-	-	-	-	-	-	-	-	-	-	-	92)	5)	0.13	-0.01
-	-	-	-	-	-	-	-	-	-	-	-	F	(-4.55,4.81)	(-3.32,3.30)	
-	-	-	-	-	-	-	-	-	-	-	-	-	J	(-3.45,3.17)	-0.14
-	-	-	-	-	-	-	-	-	-	-	-	-	-	A	

Sleep Disturbance

	4.12	4.27	4.49	4.74	4.76	5.00	4.92	5.11	5.10	5.49	5.51	5.51		5.61
D	(-0.09,8.33)	(-1.74,10.27)	(-1.52,10.50)	(0.31,9.17)	(-1.24,10.76)	(-1.00,11.01)	(-0.22,10.05)	(-0.89,11.12)	(0.54,9.66)	(-0.51,11.49)	(-0.49,11.51)	(-0.49,11.52)		(1.99,9.22)
-	B	(-5.10,5.40)	(-4.89,5.63)	(-2.72,3.97)	(-4.61,5.89)	(-4.37,6.14)	(-3.43,5.03)	(-4.26,6.25)	(-2.53,4.50)	(-3.87,6.62)	(-3.86,6.64)	(-3.86,6.65)	1.49	(-0.67,3.64)
-	-	E	(-6.56,7.01)	(-4.96,5.91)	(-6.28,7.26)	(-6.04,7.51)	(-5.37,6.67)	(-5.93,7.62)	(-4.70,6.37)	(-5.55,7.99)	(-5.53,8.01)	(-5.53,8.02)	1.34	(-3.45,6.13)
-	-	-	L	(-5.19,5.69)	(-6.51,7.04)	(-6.27,7.29)	(-5.60,6.45)	(-6.16,7.40)	(-4.94,6.15)	(-5.78,7.77)	(-5.76,7.79)	(-5.76,7.80)	1.11	(-3.69,5.91)
-	-	-	-	C	(-5.41,5.44)	(-5.18,5.69)	(-3.46,3.81)	(-5.06,5.80)	(-3.42,4.14)	(-4.68,6.17)	(-4.66,6.19)	(-4.66,6.20)	0.86	(-1.70,3.43)
-	-	-	-	-	K	0.24	0.16	0.36	0.34	0.73	0.75	0.75	0.85	

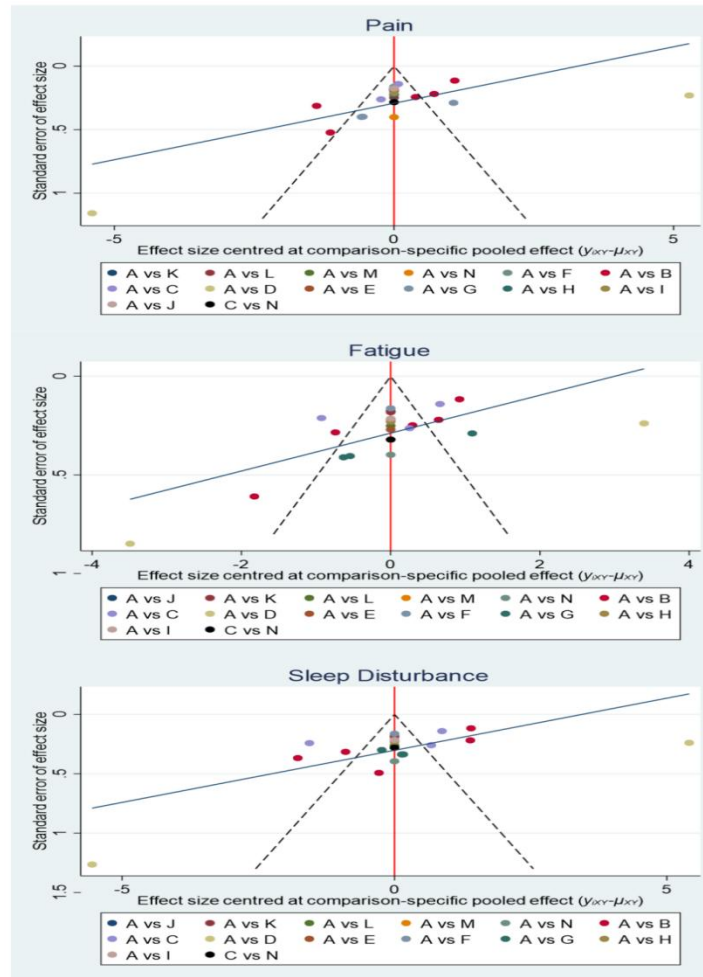
								(-6.53,7.0	(-5.85,6.1	(-6.42,7.1	(-5.19,5.8	(-6.03,7.5	(-6.02,7.	(-6.02,7.5	(-3.94,5.63)
								2)	7)	3)	8)	0)	52)	3)	
									-0.08	0.11	0.10	0.49	0.51	0.51	0.60
-	-	-	-	-	-	-	H	(-6.10,5.9	(-6.66,6.8	(-5.44,5.6	(-6.28,7.2	(-6.27,7.	(-6.27,7.2	(-6.27,7.2	(-4.19,5.40)
								4)	9)	4)	6)	28)	9)		
									0.20	0.18	0.57	0.59	0.59	0.69	
-	-	-	-	-	-	-	N	(-5.82,6.2	(-4.40,4.7	(-5.44,6.5	(-5.42,6.	(-5.42,6.	(-5.42,6.6	(-5.42,6.6	(-2.95,4.33)
								1)	6)	8)	60)	1)			
									-0.01	0.38	0.39	0.40		0.49	
-	-	-	-	-	-	-	I	(-5.55,5.5	(-6.39,7.1	(-6.38,7.	(-6.38,7.	(-6.38,7.1	(-6.38,7.1	(-4.30,5.28)	
									2)	4)	16)	7)			
										0.39	0.41	0.41		0.51	
-	-	-	-	-	-	-	G	(-5.14,5.9	(-5.13,5.	(-5.13,5.9	(-5.13,5.9	(-5.13,5.9	(-5.13,5.9	(-2.27,3.28)	
									2)	94)	5)				
										0.02	0.02			0.12	
-	-	-	-	-	-	-	F	(-6.75,6.	(-6.75,6.7	(-6.75,6.7	(-6.75,6.7	(-6.75,6.7	(-6.75,6.7	(-4.67,4.90)	
										78)	9)				
														0.10	
-	-	-	-	-	-	-	J	(-6.77,6.7	(-6.77,6.7	(-6.77,6.7	(-6.77,6.7	(-6.77,6.7	(-6.77,6.7	(-4.69,4.88)	
														0.09	
-	-	-	-	-	-	-	M	(-4.70,4.88)	(-4.70,4.88)	(-4.70,4.88)	(-4.70,4.88)	(-4.70,4.88)	(-4.70,4.88)	(-4.70,4.88)	
-	-	-	-	-	-	-	A								

Note: A, Control Group(Usual Care/wait-list/Placebo); B, Mindfulness-Based Stress Reduction; C, psychological education; D, progressive muscle relaxation; E, aerobic exercise; F, Cranial Electron therapy Stimulation; G, aerobic exercise and resistance exercise; H, Cognitive behavioral therapy; I, comprehensive psychological intervention; J, Dance movement therapy; K, mindfulness-based cognitive therapy; L, Qigong; M, internet-based continuous rehabilitation nursing support; N, Yoga;.

-: Irrelevant data/Data duplicates.

Bold font indicated statistically significant results.

Supplementary File S2



Note: A, Control Group(Usual Care/wait-list/Placebo); B, Mindfulness-Based Stress Reduction; C, psychological education; D, progressive muscle relaxation; E, aerobic exercise; F, Cranial Electron therapy Stimulation; G, aerobic exercise and resistance exercise; H, Cognitive behavioral therapy; I, comprehensive psychological intervention; J, Dance movement therapy; K, mindfulness-based cognitive therapy; L, Qigong; M, internet-based continuous rehabilitation nursing support; N, Yoga.

Supplementary File S3

Results of Sensitivity Analysis 【SMD, (95%CI)】

Pairwise comparison	Pain		Pairwise comparison	Fatigue		Pairwise comparison	Sleep Disturbance	
	Full analysis	Remove small sample analysis		Full analysis	Remove small sample analysis		Full analysis	Remove small sample analysis
B VS A	-0.99 (-3.02, 1.04)	-0.70 (-1.51, 0.11)	B VS A	-1.16 (-2.66, 0.34)	-0.75 (-1.50, 0.00)	B VS A	-1.49 (-3.64, 0.67)	-1.41 (-2.89, 0.08)
B VS C	-0.62 (-3.78, 2.54)	-0.46 (-1.69, 0.77)	B VS C	-0.61 (-2.94, 1.71)	0.03 (-1.12, 1.17)	B VS C	-0.62 (-3.97, 2.72)	-0.49 (-2.75, 1.78)
B VS D	3.77 (-0.19, 7.74)	-0.70 (-2.51, 1.11)	B VS D	2.65 (-0.26, 5.55)	-0.03 (-1.72, 1.66)	B VS D	4.12 (-0.09, 8.33)	-0.66 (-3.97, 2.66)
B VS E	-0.64 (-5.59, 4.32)	-0.34 (-2.14, 1.45)	B VS E	1.52 (-2.14, 5.18)	1.92 (0.22, 3.63)	B VS E	-0.15 (-5.40, 5.10)	-0.07 (-3.37, 3.24)
B VS F	-0.89 (-5.84, 4.06)	-0.59 (-2.38, 1.19)	B VS F	-1.16 (-4.80, 2.47)	-0.76 (-2.41, 0.90)	B VS F	-1.37 (-6.62, 3.87)	-1.29 (-4.59, 2.00)
B VS H	-0.62 (-5.59, 4.34)	-0.33 (-2.14, 1.48)	B VS H	-0.50 (-4.14, 3.15)	-0.09 (-1.78, 1.60)	B VS H	-0.88 (-6.14, 4.37)	-0.80 (-4.11, 2.51)
B VS I	-1.26 (-6.22, 3.70)	-0.97 (-2.77, 0.83)	B VS I	-0.71 (-4.35, 2.94)	-0.30 (-1.98, 1.38)	B VS I	-1.00 (-6.25, 4.26)	-0.92 (-4.22, 2.39)
B VS J	-0.90 (-5.85, 4.06)	-0.60 (-2.39, 1.18)	B VS J	-1.30 (-4.93, 2.34)	-0.89 (-2.55, 0.77)	B VS J	-1.39 (-6.64, 3.86)	-1.31 (-4.61, 1.99)
B VS K	-0.52 (-5.47, 4.44)	-0.23 (-2.01, 1.56)	B VS K	-0.79 (-4.43, 2.84)	-0.39 (-2.05, 1.27)	B VS K	-0.64 (-5.89, 4.61)	-0.56 (-3.86, 2.74)
B VS L	-0.40 (-5.37, 4.56)	-0.11 (-1.93, 1.71)	B VS L	-0.43 (-4.09, 3.22)	-0.03 (-1.72, 1.67)	B VS L	-0.37 (-5.63, 4.89)	-0.29 (-3.61, 3.03)
B VS M	-0.64 (-5.60, 4.32)	-0.35 (-2.15, 1.46)	B VS M	-0.93 (-4.58, 2.71)	-0.53 (-2.21, 1.15)	B VS M	-1.39 (-6.65, 3.86)	-1.31 (-4.62, 1.99)
D VS A	-4.76 (-8.17, -1.36)	-0.00 (-1.62, 1.62)	D VS A	-3.80 (-6.29, -1.31)	-0.72 (-2.23, 0.80)	D VS A	-5.61 (-9.22, -1.99)	-0.75 (-3.71, 2.21)
D VS B	-3.77 (-7.74, 0.19)	0.70 (-1.11, 2.51)	D VS B	-2.65 (-5.55, 0.26)	0.03 (-1.66, 1.72)	D VS B	-4.12 (-8.33, 0.09)	0.66 (-2.66, 3.97)
D VS C	-4.39 (-8.57, -0.22)	0.24 (-1.62, 2.10)	D VS C	-3.26 (-6.32, -0.20)	0.06 (-1.68, 1.80)	D VS C	-4.74 (-9.17, -0.31)	0.17 (-3.25, 3.59)
D VS E	-4.41 (-10.07, 1.25)	0.35 (-1.92, 2.63)	D VS E	-1.13 (-5.29, 3.03)	1.96 (-0.20, 4.11)	D VS E	-4.27 (-10.27, 1.74)	0.59 (-3.59, 4.77)
D VS F	-4.66 (-10.32, 1.00)	0.10 (-2.16, 2.37)	D VS F	-3.81 (-7.95, 0.33)	-0.72 (-2.84, 1.39)	D VS F	-5.49 (-11.49, 0.51)	-0.63 (-4.81, 3.54)
D VS H	-4.39 (-10.06, 1.27)	0.37 (-1.92, 2.66)	D VS H	-3.14 (-7.30, 1.01)	-0.06 (-2.19, 2.08)	D VS H	-5.00 (-11.01, 1.00)	-0.14 (-4.33, 4.04)
D VS I	-5.03 (-10.70, 0.63)	-0.27 (-2.55, 2.01)	D VS I	-3.35 (-7.50, 0.80)	-0.27 (-2.40, 1.86)	D VS I	-5.11 (-11.12, 0.89)	-0.26 (-4.44, 3.92)
D VS J	-4.67 (-10.33, 0.99)	0.09 (-2.18, 2.36)	D VS J	-3.95 (-8.09, 0.20)	-0.86 (-2.97, 1.26)	D VS J	-5.51 (-11.51, 0.49)	-0.65 (-4.83, 3.52)

D VS K	-4.29 (-9.95, 1.37)	0.47 (-1.80, 2.74)	D VS K	-3.44 (-7.58, 0.70)	-0.35 (-2.47, 1.76)	D VS K	-4.76 (-10.76, 1.24)	0.10 (-4.08, 4.28)
D VS L	-4.17 (-9.84, 1.50)	0.59 (-1.71, 2.89)	D VS L	-3.08 (-7.24, 1.08)	0.01 (-2.14, 2.15)	D VS L	-4.49 (-10.50, 1.52)	0.36 (-3.83, 4.56)
D VS M	-4.41 (-10.08, 1.25)	0.35 (-1.93, 2.64)	D VS M	-3.58 (-7.73, 0.57)	-0.49 (-2.62, 1.64)	D VS M	-5.51 (-11.52, 0.49)	-0.66 (-4.84, 3.53)

Note: A, Control Group(Usual Care/wait-list/Placebo); B, Mindfulness-Based Stress Reduction; C, psychological education; D, progressive muscle relaxation; E, aerobic exercise; F, Cranial Electron therapy Stimulation; G, aerobic exercise and resistance exercise; H, Cognitive behavioral therapy; I, comprehensive psychological intervention; J, Dance movement therapy; K, mindfulness-based cognitive therapy; L, Qigong; M, internet-based continuous rehabilitation nursing support; N, Yoga.
Yellow indicates that there are differences in data after excluding small samples (n<30) .

Supplementary File S4

GRADE Summary of Findings for Pain for Different Comparisons

Comparison	Number of studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
A:B	5	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low	["Within-study bias", "Heterogeneity"]
A:C	3	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:D	2	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate	["Within-study bias"]
A:E	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:F	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:G	3	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:H	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:I	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:J	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:K	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:L	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:M	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:N	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
C:N	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]

GRADE Summary of Findings for Fatigue for Different Comparisons

Comparison	Number of studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
A:B	5	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low	["Within-study bias", "Heterogeneity"]
A:C	3	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:D	2	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate	["Within-study bias"]
A:E	1	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low	["Within-study bias", "Heterogeneity"]
A:F	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:G	3	No concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Low	["Heterogeneity"]
A:H	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:I	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:J	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:K	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:L	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias", "Imprecision"]
A:M	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:N	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
C:N	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]

GRADE Summary of Findings for Sleep Disturbance for Different Comparisons

Comparison	Number of studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating	Reason(s) for downgrading
A:B	5	Some concerns	Low risk	No concerns	No concerns	Major concerns	No concerns	Very low	["Within-study bias","Heterogeneity"]
A:C	3	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:D	2	Some concerns	Low risk	No concerns	No concerns	No concerns	No concerns	Moderate	["Within-study bias"]
A:E	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias","Imprecision"]
A:F	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:G	3	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:H	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias","Imprecision"]
A:I	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias","Imprecision"]
A:J	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:K	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias","Imprecision"]
A:L	1	Some concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Very low	["Within-study bias","Imprecision"]
A:M	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
A:N	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]
C:N	1	No concerns	Low risk	No concerns	Major concerns	No concerns	No concerns	Low	["Imprecision"]

Note: A, Control Group(Usual Care/wait-list/Placebo); B, Mindfulness-Based Stress Reduction; C, psychological education; D, progressive muscle relaxation; E, aerobic exercise; F, Cranial Electron therapy Stimulation; G, aerobic exercise and resistance exercise; H, Cognitive behavioral therapy; I, comprehensive psychological intervention; J, Dance movement therapy; K, mindfulness-based cognitive therapy; L, Qigong; M, internet-based continuous rehabilitation nursing support; N, Yoga.

Certainty of evidence and definitions:

High —We are very confident that the true effect lies close to that of the estimate of the effect

Moderate —We are moderately confident in the effect estimate. The true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different

Low —Our confidence in the effect estimate is limited. The true effect may be substantially different from the estimate of the effect

Very low —We have very little confidence in the effect estimate. The true effect is likely to be substantially different from the estimate of effect