

Supplement Table 1
A search strategy designed for MEDLINE

- 1 Randomized Controlled Trial.mp.
- 2 Controlled Clinical Trial.mp.
- 3 random*.mp.
- 4 trial.mp.
- 5 Single-Blind Method/
- 6 Double-Blind Method/
- 7 1 or 2 or 3 or 4 or 5 or 6
- 8 fibromyalgia.mp.
- 9 fibrositis.mp.
- 10 chronic widespread pain.mp.
- 11 Chronic Pain/
- 12 multiple regional pain.mp.
- 13 widespread pain.mp.
- 14 psychogenic rheumatism.mp.
- 15 8 or 9 or 10 or 11 or 12 or 13 or 14
- 16 non-pharmacological treatment.mp.
- 17 patient education.mp.
- 18 pain education.mp.
- 19 pain management.mp.
- 20 self-management.mp.
- 21 Education/
- 22 advice.mp.
- 23 exercise.mp.
- 24 physical activity.mp.
- 25 physiotherapy.mp.
- 26 electrotherapy.mp.

27 tens.mp.

28 magnetotherapy.mp.

29 sleep hygiene.mp.

30 complementary medicine.mp.

31 alternative medicine.mp.

32 chinese medicine.mp.

33 acupuncture.mp.

34 dry needling.mp.

35 homeopathy.mp.

36 food supplement.mp.

37 nutraceutical.mp.

38 Dietary Supplements/

39 balneotherapy.mp.

40 hydrotherapy.mp.

41 psychological therapy.mp.

42 cognitive behavioural therapy.mp.

43 mindfulness.mp.

44 hypnotherapy.mp.

45 meditation.mp.

(Acceptance and Commitment Therapy).mp. [mp=title, abstract, original title, name of substance
46 word, subject heading word, keyword heading word, protocol supplementary concept word, rare
disease supplementary concept word, unique identifier, synonyms]

47 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32
or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46

48 7 and 15 and 47

Supplement Table 2

The classification of non-pharmacological interventions

Non-pharmacological intervention types	
❖ Exercise	❖ Homeopathy
➤ Aerobic exercise	❖ Magnetotherapy
➤ Flexibility	❖ Music
➤ Mind-body	❖ Weight loss
➤ Mixed*	❖ Cupping Therapy
➤ Strengthening	❖ Material of cloth***
❖ Education	❖ Hyperbaric oxygen therapy (HOT)
❖ Psychological interventions	❖ Topical oil
➤ Cognitive behavioural therapy (CBT)	❖ Cryotherapy
➤ Mindfulness	❖ Whole body vibration (WBV)
❖ Multidisciplinary treatment (MDT)	
❖ Balneotherapy**	
❖ Acupuncture	
❖ Massage	
❖ Manual therapy	
❖ Electrotherapy	
❖ Transcranial Direct Current Stimulation (tDCS)	
❖ Biofeedback	
❖ Nutritional supplement	

*If the exercise includes more than two components which are aerobic, strengthening, flexibility or mind-body, it was considered as mixed exercise.

**Aquatic therapy that uses a natural thermal mineral water

***Using wool shirts or t-shirt with bio-ceramic solution

Supplement Table 3

The hierarchical selection of secondary outcome measures is listed below in descending order of preference.

Secondary outcomes

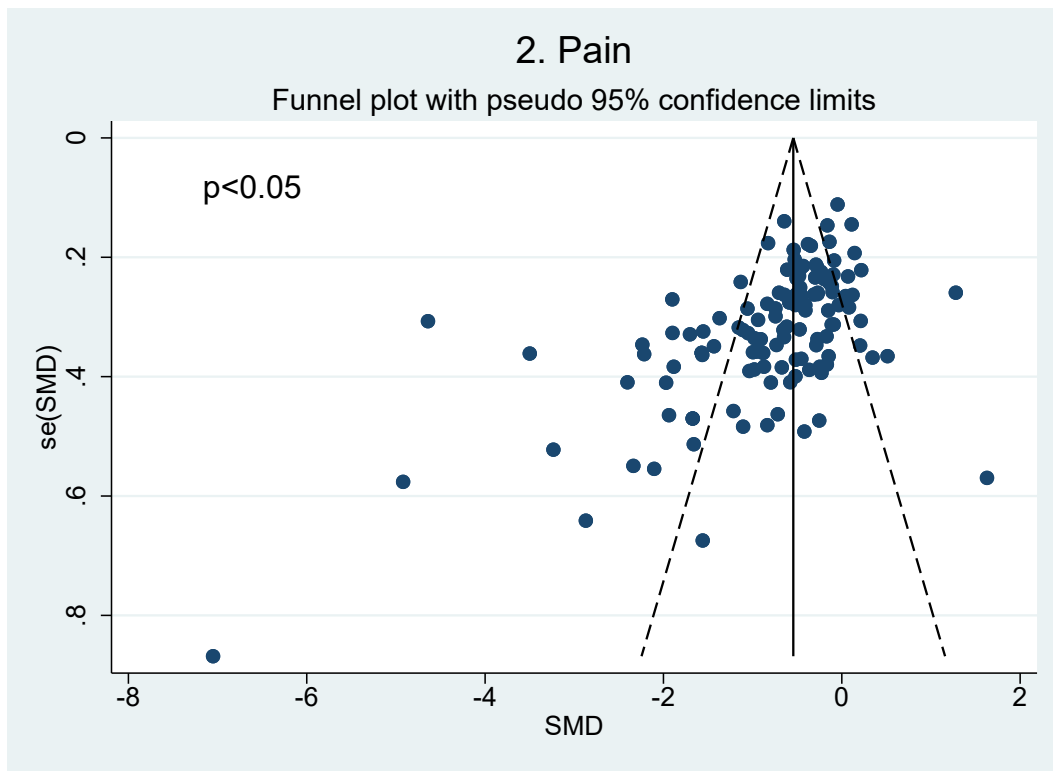
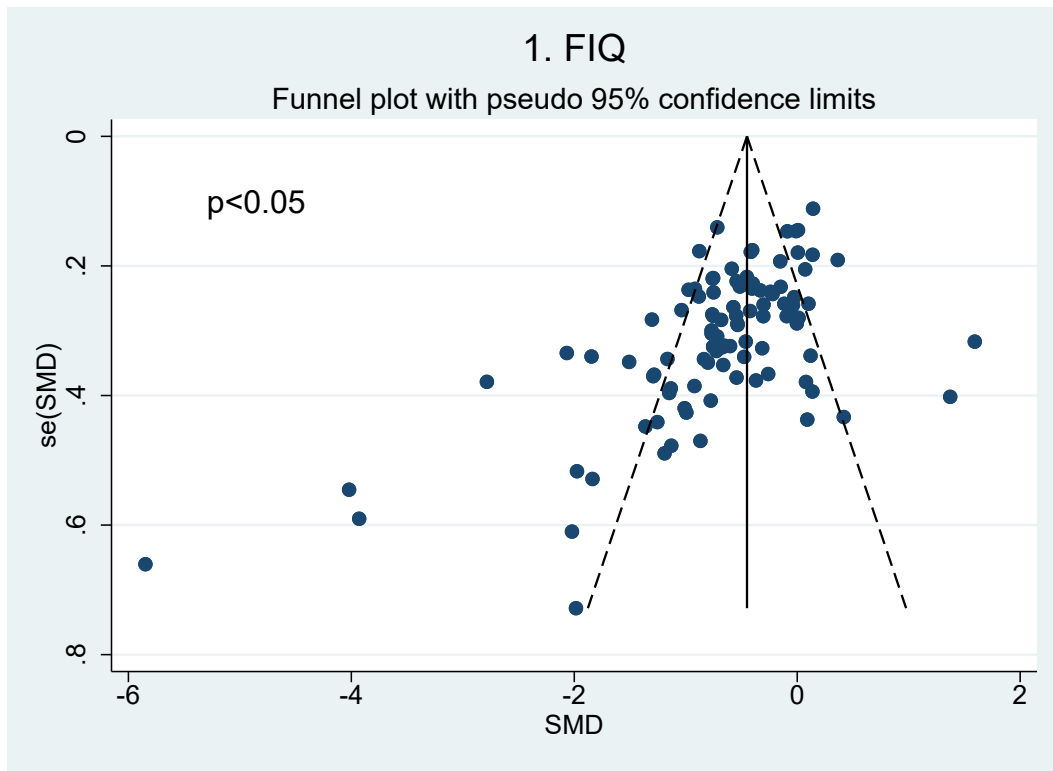
1. Pain
 - Visual analogue scale (VAS) (0-10) or VAS (0-100)
 - Numeric rating scale (NRS)
 - FIQ pain subscale
 - McGill pain scale
 - Brief pain inventory (BPI)
 - Short form (SF) 36 pain
 - Multidimensional pain inventory
 - Self-efficacy pain scale
 - Other measurement scale
2. Fatigue
 - Multidimensional fatigue inventory
 - VAS
 - FIQ fatigue
 - Fatigue severity scale
 - Fatigue symptom inventory
 - Other measurement scale
3. Sleep
 - Pittsburgh Sleep Quality Index
 - VAS
 - FIQ sleep
 - Stanford Sleep Questionnaire
 - Other measurement scale
4. Depression
 - Beck depression inventory
 - Hamilton depression scale-Depression
 - Centre for Epidemiological Studies-Depression
 - VAS
 - FIQ depression
 - Other measurement scale

Supplement Table 4

Calculations	Notes
SD from SE and CI	SD = standard deviation
<ul style="list-style-type: none"> $SD = SE \times \sqrt{N}$ $SD = \frac{(UpCI - LwCI) \times \sqrt{N}}{3.92}$ 	SE = standard error
SD from median	CI = Confidence Interval
<ul style="list-style-type: none"> $SD \cong \frac{1}{12} \left(\frac{(a - 2m + b)^2}{4} + (b - a)^2 \right)$ 	N = sample size
SD from interquartile range	UpCI = upper confidence interval
<ul style="list-style-type: none"> $SD \cong \frac{q_3 - q_1}{1.35}$ 	LwCI = lower confidence interval
SD of the change from baseline	a = minimum value
<ul style="list-style-type: none"> $SD = \sqrt{SD_{baseline}^2 + SD_{final}^2 - (2 \times r \times SD_{baseline} \times SD_{final})}$ 	b = maximum value
Mean from median	m = median
<ul style="list-style-type: none"> $x = \frac{a + 2m + b}{4}$ 	q ₃ = third quartile
	q ₁ = first quartile
	x = mean

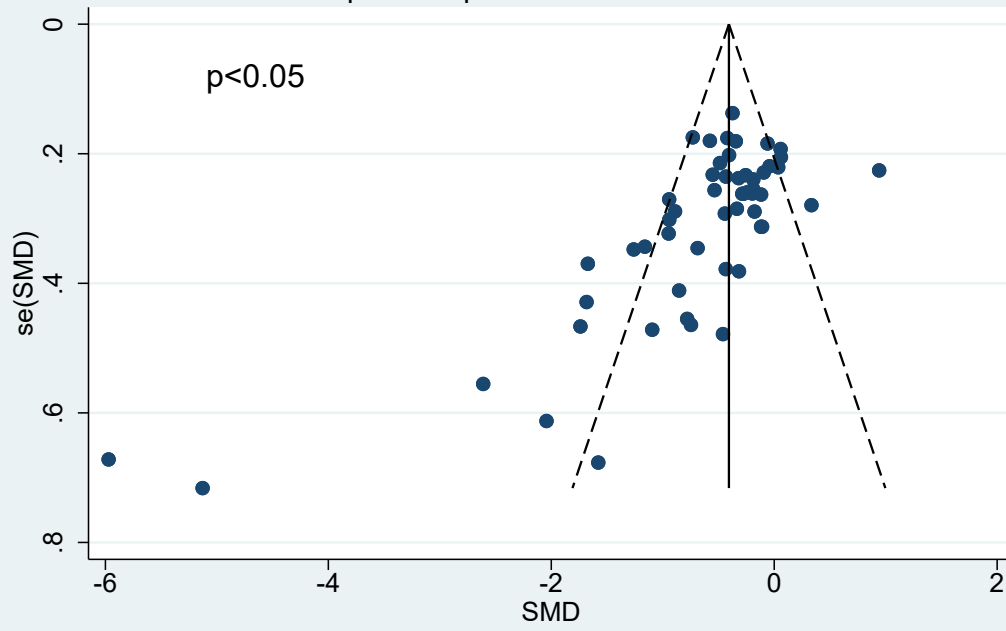
Supplement Table 5

Funnel plots - Non-pharmacological intervention versus control arm: FIQ, pain, fatigue, sleep and depression



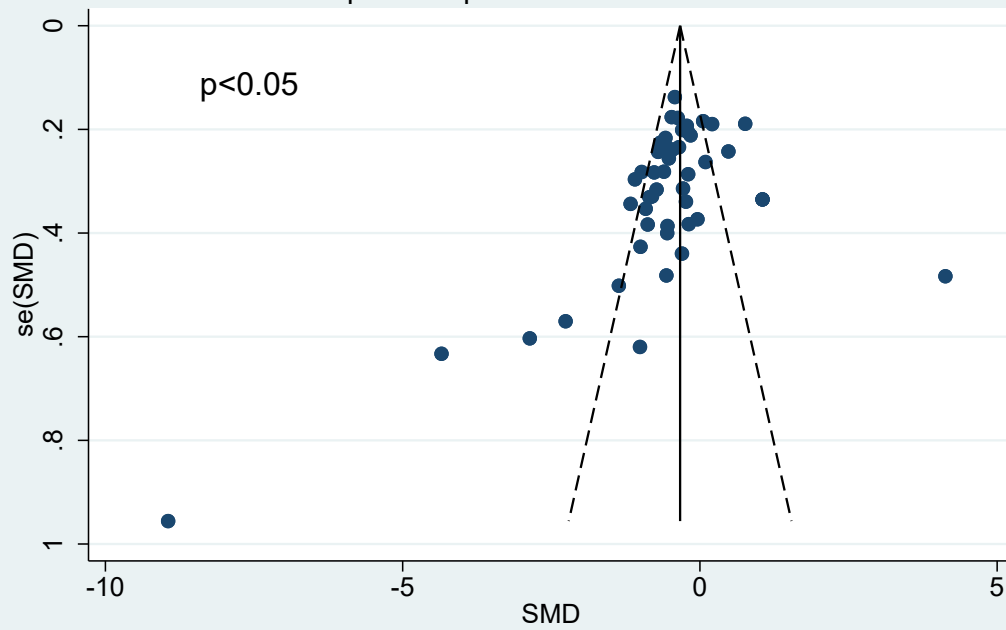
3. Fatigue

Funnel plot with pseudo 95% confidence limits



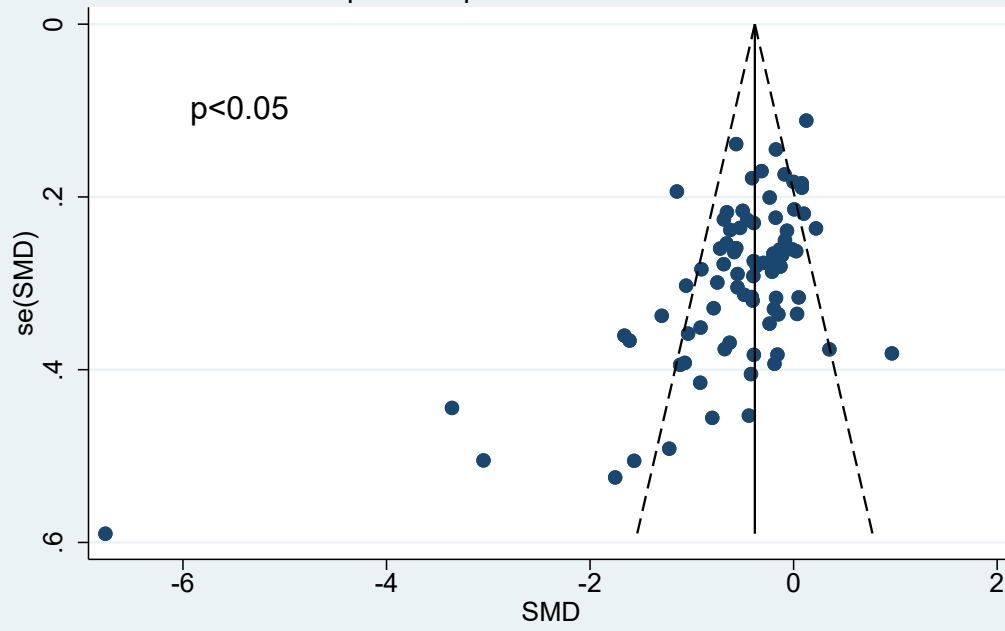
4. Sleep

Funnel plot with pseudo 95% confidence limits



5. Depression

Funnel plot with pseudo 95% confidence limits



Supplement Table 6 a, b

a. Effect size - Exercise versus usual care for different outcomes

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	25	1,301	-0.56 (-0.85, -0.27)	0.025	83.2
Pain	26	1,256	-0.84 (-1.13, -0.55)	0.003	81.9
Fatigue	13	684	-0.89 (-1.33, -0.45)	0.003	84.6
Sleep	15	652	-0.81 (-1.24, -0.38)	0.097	83.4
Depression	19	943	-0.76 (-1.09, -0.42)	0.075	82.9

Text in bold shows significant values. Negative SMD favours treatment group.

b. Effect size - Exercise as an adjunct treatment (A+B vs B designed studies) for different outcomes

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	3	186	-1.56 (-2.77, -0.36)	-	86.2
Pain	2	129	-1.39 (-2.76, -0.02)	-	91.5
Fatigue	1	65	-0.85 (-1.25, -0.45)	-	83.3
Sleep	2	129	-2.01 (-4.97, 0.94)	-	97.5
Depression	2	122	-0.46 (-0.98, 0.05)	-	49.5

Text in bold shows significant values. Negative SMD favours treatment group.

Supplement Table 7 a, b

a. Effect size - Exercise type versus usual care: FIQ, pain, fatigue, sleep and depression

Intervention types	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ					
Aerobic	6	445	-0.89 (-1.50, -0.27)	-	87.8
Flexibility	1	28	-0.24 (-0.98, 0.51)	-	96.3
Mind-body	9	427	-0.23 (-0.87, 0.41)	-	88.7
Mixed	7	311	-0.70 (-0.95, -0.45)	-	15.1
Strengthening	2	90	-0.55 (-1.15, -0.05)	-	53.2
Pain					
Aerobic	8	512	-0.72 (-1.37, -0.07)	-	90.6
Flexibility	1	28	-0.56 (-1.32, 0.19)	-	-
Mind-body	8	405	-0.92 (-1.41, -0.43)	-	79.6
Mixed	6	200	-0.96 (-1.49, -0.44)	-	66.9
Strengthening	3	111	-0.84 (-1.75, -0.08)	-	77.9
Fatigue					
Aerobic	3	262	-1.46 (-3.05, 0.14)	-	96.0
Flexibility	1	28	-0.49 (-1.24, 0.27)	-	-
Mind-body	6	302	-1.00 (-1.47, -0.53)	-	66.7
Mixed	1	41	-0.12 (-0.73, 0.50)	-	-
Strengthening	2	51	-0.77 (-1.34, -0.20)	-	0.0
Sleep					
Aerobic	4	259	-1.33 (-2.55, -0.11)	-	93.0
Flexibility	1	28	-0.88 (-1.66, -0.10)	-	95.4
Mind-body	6	215	-0.61 (-1.41, 0.19)	-	86.3
Mixed	2	99	-0.64 (-1.33, 0.04)	-	63.1
Strengthening	2	51	-0.74 (-1.56, -0.07)	-	50.0
Depression					
Aerobic	6	337	-1.22 (-2.22, 0.21)	-	93.9
Flexibility	1	28	-0.29 (-1.03, 0.46)	-	-
Mind-body	6	354	-0.67 (-1.07, -0.26)	-	67.9
Mixed	4	173	-0.35 (-0.65, -0.04)	-	0.0
Strengthening	2	51	-1.06 (-1.65, -0.47)	-	0.0

Text in bold shows significant values. Negative SMD favours treatment group.

- b. Effect size - Exercise types as an adjunct treatment (A+B vs B designed studies): FIQ, pain, fatigue, sleep and depression

Intervention types	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ					
Flexibility	1	64	-1.60 (-4.27, 1.07)	-	96.3
Mind-body	1	57	-0.28 (-0.87, 0.30)	-	88.7
Strengthening	1	65	-0.73 (-1.23, -0.24)	-	53.2
Pain					
Flexibility	1	64	-2.10 (-2.71, -1.48)	-	-
Strengthening	1	65	-0.70 (-1.21, -0.20)	-	-
Fatigue					
Strengthening	1	65	-0.54 (-1.04, -0.03)	-	-
Sleep					
Flexibility	1	64	-3.54 (-4.33, -2.74)	-	-
Strengthening	1	65	-0.52 (-1.02, -0.02)	-	-
Depression					
Mind-body	1	57	-0.20 (-0.72, 0.32)	-	-
Strengthening	1	65	-0.72 (-1.23, -0.21)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

Supplement Table 8

Effect size - Education versus usual care: FIQ, pain, fatigue, sleep and depression

Outcome Types	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ	8	780	-0.15 (-0.36, 0.05)	-	40.5
Pain	9	831	-0.17 (-0.37, 0.04)	-	42.6
Fatigue	3	251	-0.31 (-0.55, -0.06)	-	0.0
Sleep	3	226	-0.25 (-0.61, 0.11)	-	38.8
Depression	4	573	-0.08 (-0.35, 0.20)	-	53.1

Text in bold shows significant values. Negative SMD favours treatment group.

Supplement Table 9

Effect size - Psychological treatments versus usual care: FIQ, pain, fatigue, sleep and depression

Intervention types	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ					
Psychological T.	17	1,480	-0.43 (-0.70, -0.15)	0.915	84.3
CBT	3	182	-0.35 (-0.68, -0.01)	-	20.0
Mindfulness	6	477	-0.66 (-1.15, -0.17)	-	84.1
Pain					
Psychological T.	20	1,470	-0.45 (-0.59, -0.30)	0.974	41.6
CBT	7	440	-0.45 (-0.80, -0.10)	-	63.7
Mindfulness	1	91	-0.29 (-0.71, 0.13)	-	-
Fatigue					
Psychological T.	8	870	-0.20 (-0.53, 0.12)	-	81.9
CBT	2	209	0.43 (-0.55, 1.41)	-	91.5
Mindfulness	1	91	-0.49 (-0.91, -0.07)	-	-
Sleep					
Psychological T.	8	730	-0.55 (-0.94, -0.15)	-	83.5
CBT	2	142	-1.35 (-4.20, 1.51)	-	95.3
Mindfulness	3	242	-0.37 (-1.11, 0.37)	-	86.4
Depression					
Psychological T.	20	1548	-0.37 (-0.52, -0.22)	0.483	46.8
CBT	6	419	-0.12 (-0.33, 0.10)	-	12.4
Mindfulness	6	476	-0.46 (-0.75, -0.17)	-	54.9

Text in bold shows significant values. Negative SMD favours treatment group.

Supplement Table 10

Effect size - MDT versus usual care: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ	6	620	-0.41 (-0.79, -0.03)	-	78.1
Pain	10	978	-1.33 (-2.16, -0.49)	0.043	96.7
Fatigue	4	242	-0.58 (-1.22, 0.06)	-	79.1
Sleep	3	190	-1.15 (-2.11, -0.18)	-	84.2
Depression	7	678	-1.26 (-2.06, -0.45)	-	95.2

Text in bold shows significant values. Negative SMD favours treatment group.

Supplement Table 11 a, b

a. Effect size - Balneotherapy versus usual care: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ	9	438	-1.15 (-1.81, -0.49)	-	89.6
Pain	8	382	-1.11 (-1.66, -0.56)	-	83.3
Fatigue	3	147	-0.23 (-0.56, 0.09)	-	0.0
Sleep	2	99	0.30 (-0.19, 0.78)	-	26.7
Depression	8	287	-0.69 (-1.29, -0.09)	-	80.1

Text in bold shows significant values. Negative SMD favours treatment group.

b. Effect size - Balneotherapy as an adjunct treatment (A+B vs B designed studies) for different outcomes

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ	2	133	-1.07 (-1.48, -0.66)	-	20.3
Pain	4	213	-1.82 (-3.90, 0.26)	-	97.3
Fatigue	1	61	-0.94 (-1.47, -0.41)	-	-
Sleep	1	72	-0.46 (-0.93, 0.01)	-	-
Depression	2	80	-0.68 (-2.47, 1.12)	-	94.3

Text in bold shows significant values. Negative SMD favours treatment group.

Supplement Table 12

Effect size - Acupuncture versus usual care or placebo: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	3	171	-0.88 (-1.75, -0.02)*	-	85.4
	1	100	-0.59 (-0.99, -0.19)	-	-
Pain	6	321	-0.98 (-1.56, -0.40)*	-	83.1
	2	158	-0.64 (-0.96, -0.31)	-	0.0
Fatigue	3	158	-0.50 (-0.90, -0.10)*	-	36.3
	1	100	-0.41 (-0.80, -0.01)	-	-
Sleep	3	176	1.12 (-1.11, 3.35)*	-	97.3
	1	100	-0.30 (-0.69, 0.10)	-	-
Depression	3	171	-0.57 (-1.03, -0.1)*	-	53.4
	1	100	-0.23 (-0.63, 0.16)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

*: shows data from sham-controlled trials

Supplement Tables 13 a to q

a. Effect size - Massage versus usual care or massage as an adjunct treatment: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ	1	43	-1.51 (-2.19, -0.83)	-	-
	1	40	-0.67 (-1.31, -0.03)[§]	-	-
Pain	1	43	-1.05 (-1.69, -0.41)	-	-
	1	40	-0.47 (-1.10, 0.16) [§]	-	-
Fatigue	1	43	-0.95 (-1.58, -0.31)	-	-
	1	40	-1.26 (-1.94, -0.58)[§]	-	-
Sleep	1	43	-0.73 (-1.35, -0.11)	-	-
	1	40	-0.85 (-1.50, -0.20)[§]	-	-
Depression	2	83	-0.73 (-1.83, 0.37)	-	83.0

Text in bold shows significant values. Negative SMD favours treatment group.

§: shows data from A+B vs B design trials

b. Effect size - Manual therapy versus usual care or manual therapy as an adjunct treatment: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I² (%)
FIQ	3	258	-0.40 (-1.03, 0.23)	-	82.3
	1	21	0.09 (-0.77, 0.95) [§]	-	0.0
Pain	4	205	-0.86 (-1.32, -0.41)	-	53.1
Fatigue	1	48	-0.44 (-1.02, 0.13)	-	-
Sleep	2	209	0.10 (-1.22, 1.41)	-	95.4
Depression	2	209	-0.32 (-0.96, 0.32)	-	81.2

Text in bold shows significant values. Negative SMD favours treatment group.

§: shows data from A+B vs B design trials

c. Effect size - Electrotherapy versus usual care or placebo: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	5	307	-0.65 (-1.27, -0.03)*	-	76.7
	2	120	-0.97 (-3.10, 1.15) [§]	-	96.2
Pain	8	474	-0.28 (-0.69, 0.14)*	-	74.4
	2	120	-0.73 (-1.97, 0.51) [§]	-	90.2
Fatigue	5	361	-0.79 (-1.45, -0.13)*	-	84.4
Sleep	2	60	-0.97 (-1.51, -0.43)*	-	0.0
	1	60	-0.77 (-1.32, -0.21)[§]	-	-
Depression	4	297	-0.32 (-0.83, 0.20)*	-	67.1

Text in bold shows significant values. Negative SMD favours treatment group.

*: shows data from sham-controlled trials

§: shows data from A+B vs B design trials

d. Effect size - Laser therapy versus sham treatment: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	3	88	-0.58 (-1.04, -0.12)*	-	10.0
Pain	4	128	-0.69 (-1.09, -0.29)*	-	18.9
Fatigue	2	60	-1.25 (-2.15, -0.35)*	-	58.8
Sleep	2	60	-0.97 (-1.51, -0.43)*	-	0.0
Depression	2	50	-0.88 (-1.46, -0.29)*	-	0.0

Text in bold shows significant values. Negative SMD favours treatment group.

e. Effect size – Transcranial direct current stimulation versus usual care or placebo: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	8	298	-0.74 (-0.99, -0.48)*	-	0.0
	1	52	-0.65 (-1.21, -0.09)[§]	-	-
Pain	9	368	-0.84 (-1.21, -0.47)*	-	63.5
	2	82	-0.45 (-1.18, 0.27) [§]	-	-
Fatigue	4	188	-0.73 (-1.28, -0.19)*	-	65.7
Sleep	3	139	-0.58 (-0.92, -0.24)*	-	0.0
Depression	11	444	-0.32 (-0.52, 0.13)*	0.269	0.0
	2	82	-0.77 (-1.22, -0.32)[§]	-	0.0

Text in bold shows significant values. Negative SMD favours treatment group.

*: shows data from sham-controlled trials

§: shows data from A+B vs B design trials

f. Effect size - Biofeedback versus usual care: FIQ, pain and fatigue

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	1	30	-0.92 (-1.68, -0.17)	-	-
Pain	2	115	-0.42 (-1.18, 0.33)	-	67.0
Fatigue	1	85	-0.09 (-0.54, 0.36)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

g. Effect size - Nutritional supplement versus placebo: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	6	280	-0.31 (-1.13, 0.50)	-	87.6
Pain	6	204	-0.29 (-0.69, 0.11)	-	46.6
Fatigue	5	193	-0.38 (-0.77, 0.02)	-	40.2
Sleep	4	164	-0.23 (-0.72, 0.26)	-	45.6
Depression	4	184	-0.24 (-0.94, 0.46)	-	80.6

Text in bold shows significant values. Negative SMD favours treatment group.

h. Effect size – Homeopathy versus placebo or homeopathy as an adjunct treatment: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	1	36	-0.80 (-1.49, -0.12)[§]	-	-
Pain	1	36	-0.73 (-1.41, -0.05)[§]	-	-
Fatigue	1	62	-0.19 (-0.69, 0.31) [*]	-	-
	1	36	-0.69 (-1.36, -0.01)[§]	-	-
Sleep	1	36	-0.91 (-1.60, -0.22)[§]	-	-
Depression	1	62	-0.56 (-1.07, -0.06)[*]	-	-
	1	36	-0.15 (-0.81, 0.51) [§]	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

*: shows data from placebo-controlled trials

§: shows data from A+B vs B design trials

- i. Effect size - Magnetotherapy versus sham treatment: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	3	163	-0.69 (-1.28, -0.10)*	-	64.5
Pain	2	99	-0.89 (-1.74, -0.04)*	-	82.1
Fatigue	1	25	-2.61 (-3.70, -1.52)*	-	-
Sleep	1	25	-1.00 (-1.83, -0.16)*	-	-
Depression	1	56	-0.11 (-0.64, 0.41)*	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

*: shows data from sham-controlled trials

- j. Effect size - Music versus usual care: FIQ, pain, fatigue and depression

Outcomes	No. of comparison	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	2	116	-0.32 (-0.74, 0.10)	-	23.2
Pain	5	215	-0.58 (-1.24, 0.07)	-	77
Fatigue	1	41	-0.11 (-0.72, 0.50)	-	-
Depression	2	111	-0.54 (-0.92, -0.15)	-	0.0

Text in bold shows significant values. Negative SMD favours treatment group.

- k. Effect size - Weight loss versus usual care: FIQ, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	1	83	-0.54 (-0.98, -0.11)	-	-
Sleep	1	83	-0.66 (-1.11, -0.22)	-	-
Depression	1	83	-0.68 (-1.13, -0.24)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

- l. Effect size - Cupping therapy versus sham cupping: FIQ, pain, fatigue and sleep

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	1	95	0.07 (-0.33, 0.47)	-	-
Pain	1	95	-0.09 (-0.49, 0.32)	-	-
Fatigue	1	95	0.06 (-0.34, 0.46)	-	-
Sleep	1	95	-0.20 (-0.60, 0.21)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

m. Effect size - Material of cloth versus sham treatment: FIQ, pain, fatigue, sleep and depression

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	2	89	-3.25 (-8.27, 1.77)	-	97.9
Pain	2	89	-2.89 (-6.82, 1.04)	-	97.2
Fatigue	1	50	-5.97 (-7.29, -4.65)	-	-
Sleep	1	50	-8.94 (-10.8, -7.07)	-	-
Depression	1	50	-3.36 (-4.23, -2.49)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

n. Effect size – Hyperbaric oxygen therapy versus sham treatment: Pain

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
Pain	1	50	-2.22 (-2.93, -1.51)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

o. Effect size - Topical oil versus sham oil: Pain

Outcomes	No. of comparison	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
Pain	1	43	0.21 (-0.39, 0.81)	-	-

Text in bold shows significant values. Negative SMD favours treatment group.

p. Effect size – Whole body vibration versus usual care: FIQ

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	2	67	-0.21 (-0.79, 0.37)	-	28.5

WBV = Whole body vibration. Text in bold shows significant values. Negative SMD favours treatment group.

q. Effect size – Cryotherapy versus usual care: FIQ

Outcomes	No. of comparisons	No. of patients	Effect Size (95% CI)	Egger's test	I ² (%)
FIQ	1	60	-1.85 (-2.46, -1.24)	-	-
Pain	1	60	-1.42 (-1.99, -0.84)	-	-

WBV = Whole body vibration. Text in bold shows significant values. Negative SMD favours treatment group.

Supplement Table 14 a, b

a. Subgroup analysis - Non-pharmacological intervention versus control arm (usual care, waiting list, no treatment, placebo or sham treatment): FIQ

	No. of comparison	No. of patients	Effect Size (95% CI)	I ² (%)	p-value (univariate)
Overall	116	7,381	-0.63 (-0.75, -0.50)	83.8	
Subgroup analysis					
Age*					
<50 years old	67	3,973	-0.63 (-0.79, -0.47)	82.0	0.845
≥50 years old	41	2,795	-0.65 (-0.87, -0.42)	87.1	
Mean BMI*					
<30	37	2,166	-0.49 (-0.71, -0.27)	83.3	0.91
≥30	5	251	-0.47 (-0.72, -0.22)	0.0	
Recruitment centre*					
Hospital based	55	3,612	-0.53 (-0.69, -0.37)	80.5	0.74
Community based	29	2,159	-0.60 (-0.86, -0.33)	87.8	
Mixed	18	1,004	-0.57 (-0.81, -0.33)	68.6	
Source of funding*					
Non-commercial	53	3,828	-0.40 (-0.53, -0.26)	74.1	0.36
Commercial	8	495	-0.62 (-1.00, -0.24)	71.5	
No funding	5	250	-1.22 (-2.02, -0.42)	86.9	
Both	2	245	-0.70 (-2.22, -0.83)	94.2	
Sample size >50/ total					
Yes	64	5,681	-0.51 (-0.66, -0.35)	87.4	0.087
No	52	1,700	-0.79 (-0.99, -0.60)	71.1	

No: number, CI: Confidence Interval, FIQ: Fibromyalgia Impact Questionnaire, BMI: Body Mass Index, SD: Standard Deviation, *: Data were missing in some studies

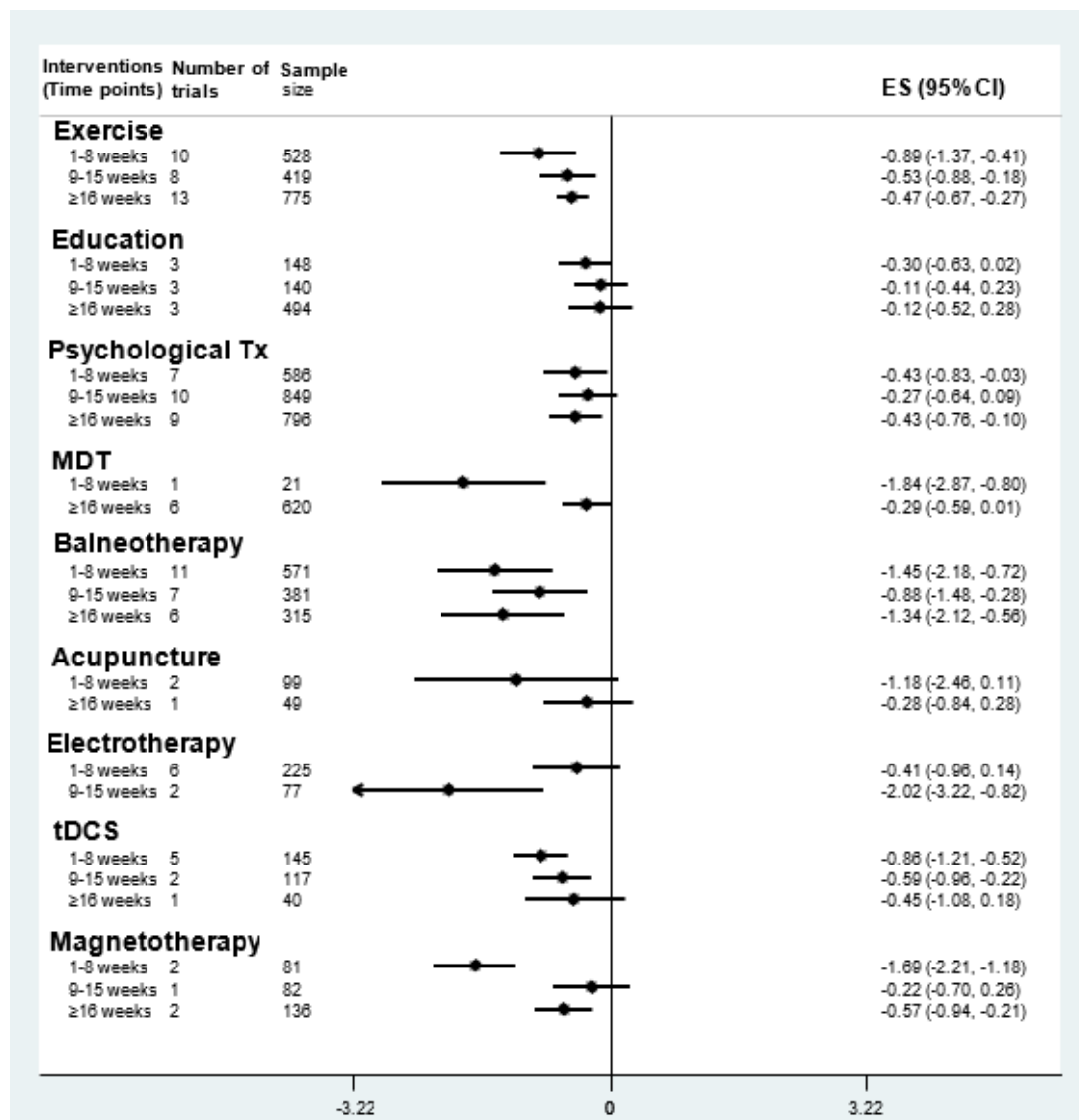
b. Subgroup analysis - Exercise versus control arm (usual care, waiting list or no treatment): FIQ

	No. of comparison	No. of patients	Effect Size (95% CI)	I ² (%)	p-value (univariate)
Overall	28	1,490	-0.68 (-0.98, -0.38)	86.2	
Subgroup analysis					
Age*					
<50 years old	15	886	-0.57 (-0.86, -0.27)	75.6	0.56
≥50 years old	11	502	-0.88 (-1.59, -0.16)	92.2	
Mean BMI*					
<30	15	723	-0.67 (-1.16, -0.19)	89.3	0.84
≥30	1	84	-0.47 (-0.90, -0.03)	/	
Recruitment centre*					
Hospital based	9	554	-0.32 (-0.90, 0.26)	89.9	0.51
Community based	9	467	-0.91 (-1.46, -0.37)	86.4	
Mixed	7	392	-0.59 (-0.90, -0.27)	53.5	
Sample size >50/ total					
Yes	15	1,098	-0.45 (-0.85, -0.05)	89.7	0.14
No	13	392	-0.99 (-1.41, -0.57)	72.9	

No: number, CI: Confidence Interval, FIQ: Fibromyalgia Impact Questionnaire, BMI: Body Mass Index, SD: Standard Deviation, *: Data were missing in some studies

Supplement Table 15

Relationship between outcome assessment time-point and effect size of the intervention on FIQ, for interventions with at-least 3 trials



Tx: treatment, MDT: Multidisciplinary treatment, tDCS: Transcranial direct current stimulation

Negative ES favours the treatment group.

Supplement Table 16

Subgroup analysis for trials assessing any non-pharmacological intervention based on the number of weeks between end-of intervention and outcome assessment

Time difference	No. of comparisons	No. of patients	Effect Size (95% CI)	I² (%)
0-0.5 week	88	5,473	-0.65 (-0.80, -0.51)	84.6
2-6 weeks	11	616	-0.62 (-1.16, -0.09)	89.4
10-14 weeks	11	610	-0.64 (-0.89, -0.39)	55.6
18-44 weeks	6	682	-0.30 (-0.59, -0.02)	67.9

Supplement Table 17 a, b

a. Sensitivity analysis - Non-pharmacological intervention versus control arm (usual care, waiting list, no treatment, placebo or sham treatment): FIQ

	No. of comparison	No. of patients	Effect Size (95% CI)	I² (%)
Overall	116	7,381	-0.63 (-0.75, -0.50)	83.8
<u>Sensitivity analysis</u>				
Intention to treat use	54	3,909	-0.75 (-0.95, -0.55)	88.1
Allocation concealment	32	2,421	-0.62 (-0.86, -0.39)	86.7
Endpoint score	104	6,558	-0.61 (-0.74, -0.48)	81.4
Imputed SD	25	1,728	-0.60 (-0.90, -0.31)	87.5

No: number, CI: Confidence Interval, Imputed SD: studies where missing SD were imputed

b. Sensitivity analysis - Exercise versus usual care: FIQ

	No. of comparison	No. of patients	Effect Size (95% CI)	I² (%)
Overall	28	1,490	-0.67 (-0.89, -0.45)	71.4
<u>Sensitivity analysis</u>				
Intention to treat use	12	857	-0.47 (-0.97, 0.03)	91.4
Allocation concealment	13	780	-0.85 (-1.44, -0.26)	92.6
Endpoint score	24	1,323	-0.70 (-0.96, -0.43)	78.3
Imputed SD	8	374	-0.67 (-1.61, 0.27)	93.8

No: number, CI: Confidence Interval, Imputed SD: studies where missing SD were imputed

Supplement Table 18

Comparison of the effect size of non-pharmacological intervention to the Minimal clinically important difference for FIQ: negative score indicates improvement

Interventions	ES (95% CI)	ES to points
Exercise	-0.68 (-0.98, -0.38)	10.00 (5.59, 14.41)
Aerobic	-0.89 (-1.50, -0.27)	13.08 (3.97, 22.05)
Mixed	-0.70 (-0.95, -0.45)	10.29 (6.62, 13.97)
Strengthening	-0.73 (-1.23, -0.24)	10.73 (3.53, 18.08)
Psychological Tx	-0.43 (-0.70, -0.15)	6.32 (2.21, 10.29)
CBT	-0.35 (-0.68, -0.01)	5.15 (0.15, 10.00)
Mindfulness	-0.66 (-1.15, -0.17)	9.70 (2.50, 16.91)
MDT	-0.41 (-0.79, -0.03)	6.03 (0.44, 11.61)
Balneotherapy	-1.13 (-1.64, -0.61)	16.61 (8.97, 24.11)
Acupuncture*	-0.88 (-1.75, -0.02)	12.94 (0.29, 25.73)
Massage	-1.08 (-1.90, -0.26)	15.88 (3.82, 27.93)
Electrotherapy*	-0.65 (-1.27, -0.03)	9.56 (0.44, 18.67)
Laser*	-0.58 (-1.04, 0.12)	8.53 (1.76, 15.29)
tDCS*	-0.74 (-0.99, -0.48)	10.88 (7.06, 14.55)
Biofeedback	-0.92 (-1.68, -0.17)	13.52 (2.50, 24.70)
Homeopathy	-0.80 (-1.49, -0.12)	11.76 (1.76, 21.90)
Magnetotherapy*	-0.69 (-1.28, -0.10)	10.14 (1.47, 18.82)
Weight loss	-0.54 (-0.98, -0.11)	7.94 (1.62, 14.41)
Cryotherapy	-1.85 (-2.46, -1.24)	27.20 (18.23, 36.16)

Text in bold shows clinically significant values.

*: shows data from sham-controlled trials