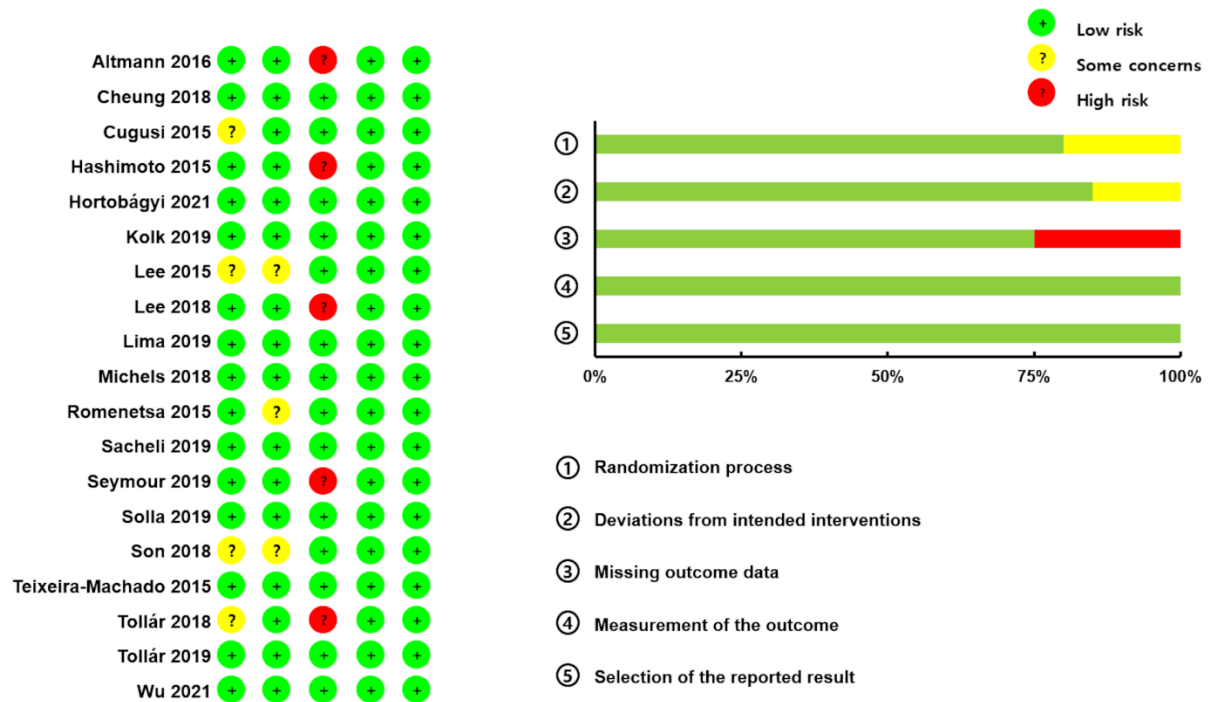
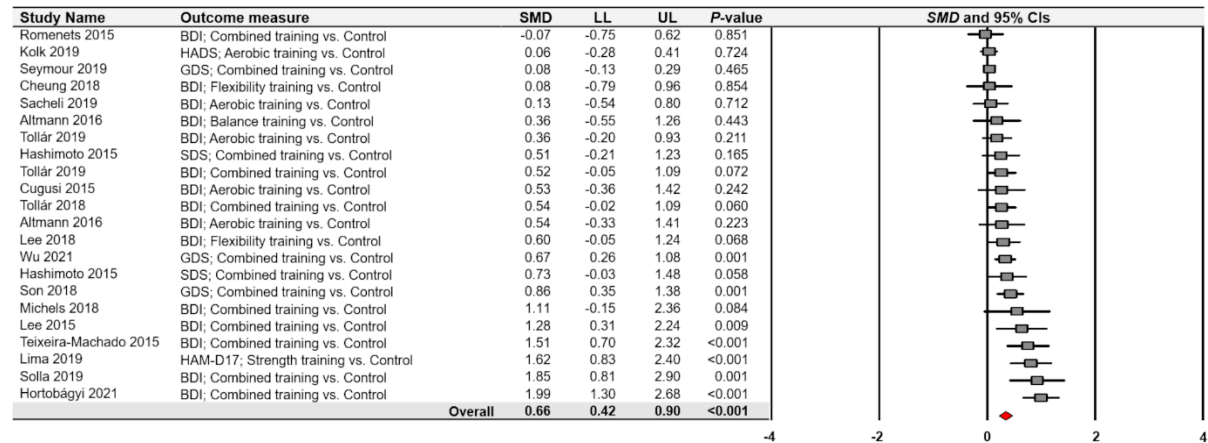


eFigure 1. Methodological quality assessment findings.



eFigure 2. Sensitivity analysis on overall meta-analytic findings after removing one article with individual effect sizes that exceeded two standard deviations of the standardized mean effect size.



Red diamonds indicate an overall effects size. More positive values indicate greater reduction in depression symptoms. Abbreviations: BDI=Beck Depression Inventory; CI=confidence interval; GDS=Geriatric Depression Scale; HADS=Hospital Anxiety and Depression Scale; HAM-D17=17-item Hamilton Depression Rating Scale; LL=lower limit; SDS=Self-rating Depression Scale; SMD=standardized mean difference; UL=upper limit.

eTable 1. Reasons for exclusion

No.	DOI	Reason	No.	DOI	Reason
1	10.1089/tmj.2021.0489	Review paper	51	10.1007/s40520-020-01612-1	Review paper
2	10.3390/diagnostics12010112	Review paper	52	10.1016/j.jbmt.2020.01.003	Review paper
3	10.1016/B978-0-12-819410-2.00028-X	Review paper	53	10.1177/2050312120921603	Review paper
4	10.1111/ane.13579	Review paper	54	10.1523/JNEUROSCI.0005-20.2020	Review paper
5	10.14715/cmb/2021.67.3.13	Review paper	55	10.1016/j.ctcp.2020.101154	Review paper
6	10.3389/fmed.2021.756940	Review paper	56	10.1007/978-981-15-1792-1_19	Review paper
7	10.1002/mds.28855	Review paper	57	10.3390/ijerph17082894	Review paper
8	10.21037/acr-21-27	Review paper	58	10.1016/j.ncl.2020.01.011	Review paper
9	10.3233/NRE-210190	Review paper	59	10.1016/j.ncl.2019.12.003	Review paper
10	10.33588/m.7310.2021330	Review paper	60	10.3233/JPD-191781	Review paper
11	10.4103/0028-3886.329545	Review paper	61	10.1016/bs.pbr.2020.02.002	Review paper
12	10.1080/09638288.2021.1986747	Review paper	62	10.1016/j.pnpbp.2020.109927	Review paper
13	10.1186/s12877-021-02446-w	Review paper	63	10.1016/j.ctim.2020.102340	Review paper
14	10.1515/jom-2021-0081	Review paper	64	10.1080/09638288.2020.1725916	Review paper
15	10.1080/09638288.2021.1966522	Review paper	65	10.1001/jama.2019.22360	Review paper
16	10.3389/fneur.2021.627999	Review paper	66	10.1016/j.neubiorev.2020.02.003	Review paper
17	10.2147/NDT.S318651	Review paper	67	10.3390/ijerph17010031	Review paper
18	10.3389/fneur.2021.683385	Review paper	68	10.1016/j.neubiorev.2019.12.023	Review paper
19	10.1155/2021/5582488	Review paper	69	10.3233/JPD-191784	Review paper
20	10.1016/j.neubiorev.2021.06.030	Review paper	70	10.1007/s00702-019-02111-y	Review paper
21	10.12688/amrcopenres.12936.2	Review paper	71	10.1016/j.arr.2019.100994	Review paper
22	10.1111/ane.13435	Review paper	72	10.1016/j.cger.2019.09.012	Review paper
23	10.3390/biom11040612	Review paper	73	PMID: 20301387	Review paper
24	10.1002/mds.28575	Review paper	74	10.1016/j.jshs.2019.04.002	Review paper
25	10.3233/JPD-202521	Review paper	75	10.1159/000502292	Review paper
26	10.2196/26038	Review paper	76	10.1016/j.neures.2019.08.001	Review paper
27	10.3233/JPD-212565	Review paper	77	10.1007/s00415-019-09493-9	Review paper
28	10.1016/j.jocn.2021.01.042	Review paper	78	10.1016/j.ctcp.2019.04.005	Review paper
29	10.1038/s41531-021-00160-3	Review paper	79	10.1177/0890117119861309	Review paper
30	10.1080/09593985.2021.1887060	Review paper	80	10.12968/bjon.2019.28.12.772	Review paper
31	10.3233/JPD-202407	Review paper	81	PMID: 33939349	Review paper
32	10.3389/fnagi.2021.636545	Review paper	82	10.3389/fpsy.2019.00141	Review paper
33	10.1177/0269215521995179	Review paper	83	10.1136/bmjopen-2018-024185	Review paper
34	10.1080/14737175.2021.1886925	Review paper	84	10.1016/j.pneurobio.2019.01.002	Review paper
35	10.1371/journal.pone.0246528	Review paper	85	10.1016/j.gaitpost.2018.06.171	Review paper
36	10.14336/AD.2020.0407	Review paper	86	10.1016/j.pneurobio.2018.11.003	Review paper
37	10.1177/0891988720988904	Review paper	87	10.1016/j.brainres.2018.10.006	Review paper
38	10.1186/s12916-020-01873-7	Review paper	88	10.7759/cureus.2995	Review paper
39	10.1016/j.parkreldis.2020.06.031	Review paper	89	10.2174/1381612824666180821165741	Review paper
40	10.3389/fneur.2020.576569	Review paper	90	10.1136/practneurol-2018-001930	Review paper
41	10.1093/tbm/ibz198	Review paper	91	10.1080/09638288.2018.1471167	Review paper
42	10.1007/s13311-020-00904-8	Review paper	92	10.1007/s11883-018-0732-z	Review paper
43	10.1007/s13311-020-00900-y	Review paper	93	10.1186/s12883-018-1034-3	Review paper
44	PMID: 32722731	Review paper	94	10.2174/0929867325666180313101536	Review paper
45	10.1093/ijnp/pyaa051	Review paper	95	PMID: 29490323	Review paper
46	10.1590/1518-8345.3718.3317	Review paper	96	PMID: 20301791	Review paper
47	10.3390/ijerph17145024	Review paper	97	PMID: 20301294	Review paper
48	10.3389/fnagi.2020.00186	Review paper	98	10.1186/s12984-018-0349-z	Review paper
49	10.2174/1871524920666200705222842	Review paper	99	10.12740/PP/74304	Review paper
50	10.1016/j.neubiorev.2020.06.026	Review paper	100	10.1007/s00702-017-1832-6	Review paper

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
101	10.1017/S1041610217002010	Review paper	151	10.3171/2014.7.JNS131826	Review paper
102	10.1177/1745691617718356	Review paper	152	10.1007/s11934-014-0435-0	Review paper
103	10.1055/s-0043-110051	Review paper	153	10.1016/j.maturitas.2014.05.010	Review paper
104	10.1016/bs.im.2017.05.014	Review paper	154	10.1016/j.ctim.2014.03.005	Review paper
105	10.1016/bs.im.2017.05.037	Review paper	155	10.2147/PPA.S61340	Review paper
106	10.1371/journal.pone.0181515	Review paper	156	10.3727/096368914X678463	Review paper
107	10.1016/j.genhosppsych.2017.06.002	Review paper	157	PMID: 24450145	Review paper
108	PMID: 28661865	Review paper	158	10.1007/s11011-013-9479-y	Review paper
109	10.1186/s12970-017-0173-z	Review paper	159	10.1016/j.jns.2013.12.025	Review paper
110	10.1016/j.parkreldis.2017.05.019	Review paper	160	10.1111/nan.12102	Review paper
111	10.5692/clinicalneuroi.cn-000969	Review paper	161	10.1024/1661-8157/a001505	Review paper
112	10.2174/0929867324666170526122654	Review paper	162	10.5692/clinicalneuroi.53.1376	Review paper
113	10.2174/1871524917666170502153752	Review paper	163	10.1016/j.psc.2013.08.007	Review paper
114	10.1016/j.gerinurse.2016.11.010	Review paper	164	10.1002/mds.25658	Review paper
115	10.1016/j.lpm.2016.11.009	Review paper	165	10.1002/mds.25689	Review paper
116	10.1007/s40473-016-0098-x	Review paper	166	10.1016/j.brainres.2013.10.004	Review paper
117	10.3233/JPD-160790	Review paper	167	10.1007/s12035-013-8477-8	Review paper
118	10.1016/B978-0-12-801772-2.00020-5	Review paper	168	10.1007/s40266-013-0090-z	Review paper
119	10.3389/fmed.2016.00035	Review paper	169	PMID: 23488289	Review paper
120	10.2174/1574887111666160815105702	Review paper	170	10.7861/clinmedicine.13-1-93	Review paper
121	10.1016/j.ctcp.2016.04.005	Review paper	171	PMID: 26064835	Review paper
122	10.3389/fnins.2016.00327	Review paper	172	PMID: 23418798	Review paper
123	10.1002/14651858.CD010916.pub2	Review paper	173	10.1590/s0004-282x2013000200011	Review paper
124	10.1186/s40035-016-0059-z	Review paper	174	10.3390/brainsci3010087	Review paper
125	10.2174/1381612822666160428111234	Review paper	175	10.1016/j.cmet.2012.08.012	Review paper
126	10.1024/1661-8157/a002306	Review paper	176	PMID: 20301414	Review paper
127	10.1111/odi.12463	Review paper	177	10.1007/s11920-012-0322-7	Review paper
128	10.1007/s40520-016-0531-8	Review paper	178	10.1007/s00482-012-1221-x	Review paper
129	10.2522/pfj.20140333	Review paper	179	10.1007/BF03261978	Review paper
130	10.1016/j.neubiorev.2015.11.014	Review paper	180	10.1590/s0004-282x2012000800011	Review paper
131	10.1111/sms.12581	Review paper	181	10.2176/nmc.52.451	Review paper
132	10.1186/s12883-015-0484-0	Review paper	182	10.1016/j.nrl.2012.04.001	Review paper
133	10.1016/j.parkreldis.2015.09.034	Review paper	183	10.1016/j.neuropharm.2012.05.016	Review paper
134	10.3233/NRE-151238	Review paper	184	10.3949/ccjm.78gr.11005	Review paper
135	10.1016/j.parkreldis.2015.08.031	Review paper	185	10.1007/s12640-011-9305-4	Review paper
136	10.3171/2015.2.JNS14503	Review paper	186	PMID: 22193375	Review paper
137	PMID: 26168645	Review paper	187	10.1016/S1353-8020(11)70030-X	Review paper
138	10.1109/JBHI.2015.2464354	Review paper	188	10.1016/S1353-8020(11)70013-X	Review paper
139	10.1155/2015/620674	Review paper	189	10.3748/wjg.v17.i46.5035	Review paper
140	10.1016/j.ctcp.2016.04.005	Review paper	190	10.1016/j.rmr.2011.09.007	Review paper
141	10.3389/fnhum.2015.00303	Review paper	191	10.1038/nrneurol.2011.107	Review paper
142	10.1186/s40303-015-0010-8	Review paper	192	10.1002/mds.23815	Review paper
143	10.3171/2015.3.FOCUS1546	Review paper	193	10.1016/j.smr.2011.01.005	Review paper
144	10.1016/j.biopsych.2015.04.016	Review paper	194	10.1177/070674371105600303	Review paper
145	10.3233/JPD-140508	Review paper	195	10.4061/2010/480260	Review paper
146	10.1016/j.apmr.2015.01.005	Review paper	196	10.1007/s00103-010-1178-9	Review paper
147	10.1007/s00115-013-3978-2	Review paper	197	10.1007/s11940-010-0075-8	Review paper
148	10.3233/JPD-140425	Review paper	198	10.1016/j.neurol.2010.07.006	Review paper
149	10.1016/j.neubiorev.2014.09.009	Review paper	199	PMID: 20672511	Review paper
150	10.1016/j.semcd.2014.08.013	Review paper	200	10.1056/NEJMoa0907083	Review paper

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
201	10.1113/jphysiol.2010.190314	Review paper	251	10.1017/s0317167100003280	Review paper
202	10.1016/S1353-8020(09)70841-7	Review paper	252	10.1007/s007020300001	Review paper
203	10.5694/j.1326-5377.2010.tb03453.x	Review paper	253	PMID: 12455803	Review paper
204	10.1016/S1353-8020(09)70796-5	Review paper	254	10.1023/a:1016806711705	Review paper
205	10.1016/j.mehy.2009.12.032	Review paper	255	10.1016/s0022-3999(02)00423-3	Review paper
206	10.1016/j.parkreldis.2009.08.012	Review paper	256	PMID: 11925845	Review paper
207	10.2165/11310860-000000000-00000	Review paper	257	10.12968/hosp.2001.62.8.1621	Review paper
208	10.1007/s00415-009-5245-9	Review paper	258	10.1016/s1353-8020(01)00026-8	Review paper
209	10.1159/000223730	Review paper	259	10.1016/s1388-2457(01)00585-5	Review paper
210	10.1007/s11940-009-0022-8	Review paper	260	10.1002/14651858.CD002814	Review paper
211	10.1016/j.pmrj.2009.01.018	Review paper	261	PMID: 11391498	Review paper
212	10.1002/mds.22254	Review paper	262	10.1038/sj.mp.4000801	Review paper
213	10.1002/mds.21667	Review paper	263	PMID: 11107568	Review paper
214	10.2174/138161208784480090	Review paper	264	PMID: 11068458	Review paper
215	PMID: 28876770	Review paper	265	PMID: 11009179	Review paper
216	PMID: 18444539	Review paper	266	PMID: 10916040	Review paper
217	10.1016/S1389-9457(08)70006-6	Review paper	267	PMID: 10227607	Review paper
218	10.1517/14656566.9.4.523	Review paper	268	10.1007/pl00007742	Review paper
219	10.1002/mds.21922	Review paper	269	PMID: 9597978	Review paper
220	10.1586/14737175.8.1.27	Review paper	270	PMID: 11517481	Review paper
221	10.1016/j.pharmthera.2007.07.001	Review paper	271	PMID: 2664841	Review paper
222	10.1016/j.brainresrev.2007.08.001	Review paper	272	10.1007/BF02125750	Review paper
223	PMID: 17874343	Review paper	273	PMID: 4388822	Review paper
224	10.4140/tcp.n.2007.566	Review paper	274	10.1007/s00702-021-02450-9	Review paper
225	10.2217/17460751.1.1.15	Review paper	275	10.3389/fnagi.2021.709484	Review paper
226	PMID: 17410828	Review paper	276	10.1080/02703181.2021.1989545	Review paper
227	10.2741/2081	Review paper	277	10.1038/s41598-021-95838-2	Review paper
228	10.1016/j.parkreldis.2006.07.018	Review paper	278	10.1089/acm.2021.0003	Review paper
229	10.1016/j.jns.2006.05.041	Review paper	279	10.1016/j.parkreldis.2021.03.018	Review paper
230	10.1016/j.metabol.2006.07.012	Review paper	280	10.3390/bs11040054	Review paper
231	10.4140/tcp.n.2006.563	Review paper	281	10.9734/JPRI/2021/v33i47A33080	Review paper
232	10.1093/brain/awl082	Review paper	282	10.9734/JPRI/2021/v33i25B31464	Review paper
233	10.1038/oby.2006.46	Review paper	283	10.1111/cns.13549	Review paper
234	10.1007/s11940-006-0013-y	Review paper	284	10.3389/fneur.2020.00902	Review paper
235	PMID: 16383217	Review paper	285	10.1371/journal.pone.0236820	Review paper
236	PMID: 16223219	Review paper	286	10.3390/diseases8020012	Review paper
237	10.1586/14737175.5.5.581	Review paper	287	10.1017/cjn.2020.13	Review paper
238	10.1097/01.jcp.0000162808.92194.2a	Review paper	288	10.1080/10942912.2020.1753769	Review paper
239	PMID: 15976838	Review paper	289	10.1080/10833196.2019.1648716	Review paper
240	PMID: 15899644	Review paper	290	10.1136/bmjopen-2019-030205	Review paper
241	10.1016/j.resp.2005.04.013	Review paper	291	10.1007/s11065-019-09409-4	Review paper
242	10.1378/chest.127.4.1454	Review paper	292	10.1016/j.jphys.2019.02.003	Review paper
243	10.1016/j.neuron.2005.01.008	Review paper	293	10.14735/amcsnn2019496	Review paper
244	10.1177/0891988704267466	Review paper	294	10.1007/s12035-017-0852-4	Review paper
245	10.4088/jcp.v65n0617	Review paper	295	10.1089/g4h.2017.0197	Review paper
246	10.1016/s0035-3787(04)70980-7	Review paper	296	10.3233/NRE-172353	Review paper
247	10.1097/00004691-200401000-00006	Review paper	297	10.1177/1054773816655091	Review paper
248	10.1007/s11910-003-0007-z	Review paper	298	10.1038/s41531-017-0031-3	Review paper
249	10.1111/j.1749-6632.2003.tb07506.x	Review paper	299	10.1016/j.cortex.2017.03.016	Review paper
250	10.1016/S0278-5846(03)00053-8	Review paper	300	10.1080/17432979.2016.1260055	Review paper

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
301	10.24197/aeftd.1.2017.73-87	Review paper	351	10.1186/s12868-016-0283-6	Review paper
302	10.3389/fnhum.2016.00161	Review paper	352	10.1016/j.brainresbull.2016.03.012	Review paper
303	10.3233/JPD-150740	Review paper	353	10.1016/j.parkreldis.2015.08.036	Review paper
304	10.1016/bs.pbr.2015.06.012	Review paper	354	10.1016/j.maturitas.2015.08.002	Review paper
305	10.1002/ana.23944	Review paper	355	10.3389/fneur.2013.00049	Review paper
306	10.1007/s00702-012-0964-y	Review paper	356	PMID: 23346238	Review paper
307	10.1016/j.amp.2011.02.017	Review paper	357	10.4061/2011/737523	Review paper
308	10.1016/j.parkreldis.2012.11.009	Review paper	358	PMID: 17186710	Review paper
309	10.1016/j.aip.2012.06.001	Review paper	359	10.1007/s11920-006-0029-8	Review paper
310	WOS:000294806601166	Review paper	360	10.1007/s11940-004-0012-9	Review paper
311	10.4274/tftr.57.07	Review paper	361	10.2174/1573401315666190801120306	Review paper
312	10.1016/j.smr.2007.06.003	Review paper	362	10.2147/JPRLS.S180183	Review paper
313	10.1002/mds.21240	Review paper	363	10.1007/s12035-017-0852-4	Review paper
314	WOS:000240329000050	Review paper	364	10.1093/arclin/acx092	Review paper
315	PMID: 24575447	Review paper	365	10.2174/1568026616666160414124628	Review paper
316	10.1016/j.ejphar.2020.173837	Review paper	366	10.1007/s12035-015-9090-9	Review paper
317	10.3390/geriatrics5040080	Review paper	367	10.1007/s11030-015-9598-y	Review paper
318	10.1016/j.cger.2020.06.010	Review paper	368	10.1111/ane.12248	Review paper
319	10.1007/978-981-15-1792-1_30	Review paper	369	10.1371/journal.pone.0096890	Review paper
320	10.1016/j.nicl.2015.03.016	Review paper	370	WOS:000320429000007	Review paper
321	PMID: 19745474	Review paper	371	10.1212/WNL.0b013e31827f07be	Review paper
322	10.1126/science.323.5921.1554	Review paper	372	10.1164/rccm.201103-0454CI	Review paper
323	10.1891/1521-0987.9.1.19	Review paper	373	10.1016/j.jns.2009.08.031	Review paper
324	10.1038/436018a	Review paper	374	10.1038/nrneuro.2009.136	Review paper
325	PMID: 15200203	Review paper	375	10.1111/j.1749-6632.2003.tb07458.x	Review paper
326	PMID: 9791196	Review paper	376	10.1016/j.ctcp.2016.06.005	Review paper
327	10.1016/j.parkreldis.2012.10.009	Review paper	377	10.1055/s-2008-1069705	Review paper
328	10.3389/fneur.2013.00128	Review paper	378	10.1016/j.jns.2006.05.015	Review paper
329	10.1016/j.jns.2011.06.021	Review paper	379	10.1177/08919887211018273	Review paper
330	WOS:000268735600009	Review paper	380	10.1007/s00702-019-02113-w	Review paper
331	10.1016/j.drudis.2007.07.008	Review paper	381	10.1016/j.fshw.2019.03.006	Review paper
332	10.1002/ptr.1794	Review paper	382	10.2147/JPRLS.S125387	Review paper
333	10.1186/s12929-021-00781-z	Review paper	383	10.1002/bem.20714	Review paper
334	10.3389/fnins.2021.747229	Review paper	1	10.1371/journal.pbio.3001487	Animal study
335	10.14336/AD.2020.1225	Review paper	2	10.1111/ejn.15493	Animal study
336	10.3390/bs11050074	Review paper	3	10.1523/ENEURO.0305-21.2021	Animal study
337	10.2174/1570159X1966621051711576	Review paper	4	10.1007/s11011-021-00851-z	Animal study
338	10.1007/s11011-021-00735-2	Review paper	5	10.3390/brainsci11091127	Animal study
339	10.3389/fphys.2021.626640	Review paper	6	10.1111/cns.13589	Animal study
340	10.1007/s11065-020-09467-z	Review paper	7	10.3390/ijms21186520	Animal study
341	10.3390/jfmk5040078	Review paper	8	10.1538/expanim.19-0153	Animal study
342	10.3390/ijerph18010198	Review paper	9	10.1016/j.brs.2020.02.002	Animal study
343	10.3390/neurolint12030014	Review paper	10	10.1007/s11307-020-01485-w	Animal study
344	10.1016/B978-0-444-64123-6.00017-5	Review paper	11	10.1155/2019/4829572	Animal study
345	10.1016/j.nrl.2020.03.003	Review paper	12	10.1016/j.bbr.2019.02.006	Animal study
346	10.3233/JAD-200581	Review paper	13	10.1007/s11011-018-0379-z	Animal study
347	10.1080/14737175.2020.1763795	Review paper	14	10.1007/s12264-018-0312-9	Animal study
348	10.1080/14656566.2019.1612877	Review paper	15	10.3390/ijms19020508	Animal study
349	10.1007/s40263-018-0551-3	Review paper	16	10.1007/s12035-017-0775-0	Animal study
350	10.1016/j.smr.2016.11.002	Review paper	17	10.1093/ijnp/pyx062	Animal study

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
18	10.3389/fnins.2017.00471	Animal study	68	10.1016/j.neurobiolaging.2019.08.007	Animal study
19	10.1016/j.toxlet.2017.07.892	Animal study	69	10.1016/j.resp.2018.02.012	Animal study
20	10.1016/j.neuro.2017.05.007	Animal study	70	10.1016/j.nbd.2017.05.004	Animal study
21	10.12965/jer.1734966.483	Animal study	71	10.1152/japplphysiol.01120.2016	Animal study
22	10.1096/fj.201600960RR	Animal study	72	10.1002/mds.26938	Animal study
23	10.1007/s11011-017-9988-1	Animal study	73	10.1016/j.expneurol.2016.06.031	Animal study
24	10.1016/j.mcn.2017.02.006	Animal study	74	WOS:000394956301316	Animal study
25	10.1016/j.pharep.2016.11.005	Animal study	75	10.1016/j.brainresbull.2014.09.006	Animal study
26	10.1016/j.bbr.2016.11.007	Animal study	76	10.1589/jpts.27.3203	Animal study
27	10.1016/j.biopha.2016.04.026	Animal study	77	WOS:000364239000020	Animal study
28	10.1007/s12640-015-9566-4	Animal study	78	10.1186/1742-2094-9-9	Animal study
29	10.1016/j.expneurol.2015.09.002	Animal study	79	10.1016/j.nbd.2008.05.001	Animal study
30	10.1016/j.expneurol.2015.05.021	Animal study	80	10.1007/s43440-020-00067-5	Animal study
31	10.1016/j.neuroscience.2015.05.030	Animal study	81	10.1007/s00221-015-4375-9	Animal study
32	10.1016/j.neuropharm.2015.01.024	Animal study	82	10.1016/j.ejphar.2020.173722	Animal study
33	10.1016/j.brainresbull.2014.09.006	Animal study	83	10.1016/j.neuropharm.2020.108369	Animal study
34	10.1016/j.bbr.2014.09.007	Animal study	84	10.3390/brainsci10040206	Animal study
35	10.1016/j.bbr.2014.08.014	Animal study	85	10.1523/JNEUROSCI.22-15-06790.2002	Animal study
36	10.1016/j.bbr.2014.07.055	Animal study	1	10.9758/cpn.2021.19.3.572	Case study
37	10.1016/j.bbr.2014.06.029	Animal study	2	10.1159/000508492	Case study
38	10.1016/j.pnpbp.2014.02.009	Animal study	3	10.1097/PHM.0000000000001165	Case study
39	10.1016/j.pnpbp.2014.01.016	Animal study	4	10.2174/1745017901410010126	Case study
40	10.1007/s00213-014-3454-0	Animal study	5	10.1080/08854726.2013.806117	Case study
41	10.1016/j.brainres.2014.01.023	Animal study	6	10.3109/17483107.2010.507856	Case study
42	10.1016/j.pbb.2013.10.022	Animal study	7	10.1007/s00415-010-5510-y	Case study
43	10.1016/j.bbr.2013.10.035	Animal study	8	10.1111/j.1469-8749.2010.03619.x	Case study
44	10.1016/j.neuroscience.2013.09.042	Animal study	9	10.1016/S1353-8020(09)70791-6	Case study
45	10.1016/j.brainres.2013.03.029	Animal study	10	PMID: 14628395	Case study
46	10.2174/1871527311312050013	Animal study	11	10.1212/01.wnl.0000078032.71703.44	Case study
47	10.1111/j.1460-9568.2012.08200.x	Animal study	12	10.1177/089198879600900305	Case study
48	10.1113/expphysiol.2012.066720	Animal study	13	10.1016/s0306-9877(96)90189-9	Case study
49	10.1002/jnr.22785	Animal study	14	PMID: 6816710	Case study
50	10.1016/j.bbr.2012.01.016	Animal study	15	10.4274/tnd.2020.84594	Case study
51	10.1016/j.pbb.2011.06.012	Animal study	16	10.1016/j.prps.2018.11.004	Case study
52	10.1007/s00213-011-2356-7	Animal study	17	10.2989/18121004.2019.1700618	Case study
53	10.1016/j.neuroscience.2011.04.004	Animal study	18	10.4067/s0034-98872005000500009	Case study
54	10.1016/j.nbd.2010.12.008	Animal study	19	10.5692/clinicalneuroi.cn-001110	Case study
55	10.1016/j.bbr.2010.05.009	Animal study	20	10.5664/jcsm.5950	Case study
56	10.1007/s11011-009-9161-6	Animal study	21	10.1007/s00415-014-7262-6	Case study
57	10.1523/JNEUROSCI.1495-09.2009	Animal study	22	10.1001/archdermatol.2012.1856	Case study
58	10.1523/JNEUROSCI.0401-09.2009	Animal study	23	10.1016/j.encep.2011.07.002	Case study
59	10.1016/j.neulet.2008.11.065	Animal study	24	10.1001/archneurol.2012.405	Case study
60	10.1002/jnr.21642	Animal study	25	10.1056/NEJM199905133401905	Case study
61	10.1007/s10571-007-9213-6	Animal study	26	PMID: 7305792	Case study
62	10.1016/j.neuroscience.2007.06.043	Animal study	27	10.2147/NDT.S150912	Case study
63	10.1016/j.brainres.2005.08.004	Animal study	28	PMID: 24734326	Case study
64	10.1093/hmg/ddi239	Animal study	29	10.1136/acupmed-2012-010285	Case study
65	10.1002/biof.552210152	Animal study	30	10.1016/j.jemermed.2011.10.031	Case study
66	10.1016/j.parkreldis.2004.02.008	Animal study	31	10.1097/YCT.0b013e3181da843c	Case study
67	10.1016/0014-2999(94)00776-4	Animal study	32	10.1002/mds.10593	Case study

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
33	10.1002/mds.10198	Case study	45	10.1016/j.jagp.2016.04.012	Patients with other disease
34	PMID: 1531238	Case study	46	10.1001/jama.2016.8655	Patients with other disease
35	PMID: 2611822	Case study	47	10.1177/2156587216637539	Patients with other disease
36	10.1016/j.jht.2020.03.021	Case study	48	10.1016/j.clineuro.2015.10.005	Patients with other disease
37	10.1136/thx.35.7.559	Case study	49	PMID: 25726616	Patients with other disease
38	10.5604/01.3001.0014.8146	Case study	50	10.1111/jgs.13077	Patients with other disease
1	10.2147/PRBM.S350666	Patients with other disease	51	10.1080/09602011.2014.970201	Patients with other disease
2	10.1093/ptj/pzac002	Patients with other disease	52	10.3233/JPD-140446	Patients with other disease
3	10.1016/j.jagp.2021.08.009	Patients with other disease	53	10.1080/13607863.2014.962000	Patients with other disease
4	10.2196/29210	Patients with other disease	54	10.3233/NRE-141090	Patients with other disease
5	PMID: 32310423	Patients with other disease	55	10.1016/j.jamda.2014.01.010	Patients with other disease
6	10.1111/ene.15031	Patients with other disease	56	10.1111/ggi.12243	Patients with other disease
7	10.1002/brb3.2292	Patients with other disease	57	10.1186/1471-2296-15-1	Patients with other disease
8	10.1159/000516966	Patients with other disease	58	10.2215/CJN.02870313	Patients with other disease
9	10.3390/ijerph18116150	Patients with other disease	59	10.1007/s00406-013-0436-x	Patients with other disease
10	10.1016/j.jsps.2021.04.003	Patients with other disease	60	10.1017/S1041610213001300	Patients with other disease
11	10.1002/brb3.2164	Patients with other disease	61	10.1007/s10620-013-2596-y	Patients with other disease
12	10.3390/s21093090	Patients with other disease	62	10.1016/j.amjmed.2012.06.039	Patients with other disease
13	10.1590/1980-549720210018	Patients with other disease	63	10.4137/IJTR.S7986	Patients with other disease
14	10.1016/j.parkreldis.2021.04.001	Patients with other disease	64	10.1016/j.clineuro.2011.11.008	Patients with other disease
15	10.3389/fneur.2020.635341	Patients with other disease	65	10.1159/000325829	Patients with other disease
16	10.1136/jnnp-2020-325193	Patients with other disease	66	10.1007/s00415-010-5875-y	Patients with other disease
17	10.1097/MRR.0000000000000455	Patients with other disease	67	10.1111/j.1741-6612.2010.00422.x	Patients with other disease
18	10.1002/mds.28326	Patients with other disease	68	10.1186/1471-2318-10-77	Patients with other disease
19	10.1002/ana.25788	Patients with other disease	69	10.1093/gerona/gql187	Patients with other disease
20	10.3389/fphar.2020.00433	Patients with other disease	70	10.1002/acr.20200	Patients with other disease
21	10.1093/geronb/gbaa063	Patients with other disease	71	10.1111/j.1532-5415.2010.02981.x	Patients with other disease
22	10.1155/2020/6916135	Patients with other disease	72	10.1016/s0761-8425(09)74690-x	Patients with other disease
23	10.1111/ggi.13878	Patients with other disease	73	10.1001/archinternmed.2009.135	Patients with other disease
24	10.1016/S2468-2667(19)30226-9	Patients with other disease	74	10.1371/journal.pone.0005521	Patients with other disease
25	10.1016/j.parkreldis.2019.11.018	Patients with other disease	75	10.1016/j.mehy.2009.03.009	Patients with other disease
26	10.1080/17483107.2019.1679266	Patients with other disease	76	10.1590/s0104-42302009000100008	Patients with other disease
27	10.1371/journal.pone.0224437	Patients with other disease	77	10.1002/mus.21263	Patients with other disease
28	10.1038/s41598-019-47005-x	Patients with other disease	78	10.1093/schbul/sbn138	Patients with other disease
29	10.1016/j.jad.2019.07.003	Patients with other disease	79	10.1016/j.jalz.2008.02.008	Patients with other disease
30	10.1016/j.jagp.2019.03.013	Patients with other disease	80	10.1007/s00103-008-0508-7	Patients with other disease
31	10.1017/S1355617718001224	Patients with other disease	81	10.1037/0894-4105.21.3.346	Patients with other disease
32	10.1371/journal.pone.0209558	Patients with other disease	82	10.1111/j.1743-6109.2006.00395.x	Patients with other disease
33	10.1016/j.gaitpost.2018.07.178	Patients with other disease	83	10.1097/01.hjr.0000189808.22224.b0	Patients with other disease
34	10.3791/58495	Patients with other disease	84	10.1002/mds.20808	Patients with other disease
35	10.1097/rnj.0000000000000159	Patients with other disease	85	10.1111/j.1532-5415.2005.00584.x	Patients with other disease
36	10.1176/appi.neuropsych.17080173	Patients with other disease	86	10.1159/000089822	Patients with other disease
37	10.1007/s00259-017-3879-x	Patients with other disease	87	10.1176/appi.ps.56.9.1153	Patients with other disease
38	10.1016/j.mehy.2017.07.032	Patients with other disease	88	10.1164/rccm.200406-763OC	Patients with other disease
39	10.3390/ijerph14091019	Patients with other disease	89	10.1016/j.archger.2004.04.037	Patients with other disease
40	10.2196/resprot.6489	Patients with other disease	90	10.1136/jnnp.2003.016485	Patients with other disease
41	10.1111/jgs.14670	Patients with other disease	91	PMID: 15098348	Patients with other disease
42	10.1016/j.appet.2016.09.005	Patients with other disease	92	10.1007/s00702-003-0087-6	Patients with other disease
43	10.1016/j.parkreldis.2016.08.014	Patients with other disease	93	10.1080/0963828031000090489	Patients with other disease
44	10.3233/JAD-160697	Patients with other disease	94	10.1002/gps.862	Patients with other disease

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
95	10.1023/a:1020006909285	Patients with other disease	145	10.1016/j.neulet.2007.08.061	Patients with other disease
96	PMID: 12022484	Patients with other disease	146	10.1007/s00415-006-7011-6	Patients with other disease
97	10.1023/a:1026665728213	Patients with other disease	147	WOS:000233428700022	Patients with other disease
98	PMID: 9453928	Patients with other disease	148	10.1176/appi.ajgp.10.5.506	Patients with other disease
99	PMID: 9417392	Patients with other disease	1	10.1186/s41983-022-00445-1	No exercise intervention used
100	10.1016/S0009-9236(96)90115-0	Patients with other disease	2	10.3390/s22020569	No exercise intervention used
101	PMID: 8601552	Patients with other disease	3	10.1186/s12913-022-07503-7	No exercise intervention used
102	10.1016/0091-7435(91)90029-4	Patients with other disease	4	10.1007/s11332-021-00868-y	No exercise intervention used
103	PMID: 3271194	Patients with other disease	5	10.1371/journal.pone.0260889	No exercise intervention used
104	PMID: 3660922	Patients with other disease	6	10.3389/fneur.2021.772391	No exercise intervention used
105	PMID: 6110365	Patients with other disease	7	10.3389/fnagi.2021.739115	No exercise intervention used
106	PMID: 673556	Patients with other disease	8	10.4081/aiaa.2021.3.336	No exercise intervention used
107	10.1159/000244827	Patients with other disease	9	10.1124/jpet.103.049718	No exercise intervention used
108	10.3389/fpsy.2021.714014	Patients with other disease	10	10.1212/wnl.59.5.700	No exercise intervention used
109	10.1016/j.jpsychires.2021.06.039	Patients with other disease	11	PMID: 10910093	No exercise intervention used
110	10.1016/j.annepidem.2020.08.007	Patients with other disease	12	10.1017/s0033291799002032	No exercise intervention used
111	10.1016/j.gerinurse.2020.05.003	Patients with other disease	13	10.1056/NEJM199909233411316	No exercise intervention used
112	10.1007/s11136-020-02596-1	Patients with other disease	14	PMID: 10498481	No exercise intervention used
113	10.1002/cphy.c190039	Patients with other disease	15	10.1136/jnnp.67.3.358	No exercise intervention used
114	10.1016/j.parkreldis.2020.02.004	Patients with other disease	16	10.3390/healthcare9111562	No exercise intervention used
115	10.1177/1049909119849420	Patients with other disease	17	10.1007/s11136-021-03024-8	No exercise intervention used
116	10.12680/balneo.2019.294	Patients with other disease	18	10.3389/fneur.2021.731606	No exercise intervention used
117	10.1016/j.psychres.2019.112546	Patients with other disease	19	10.1016/j.autneu.2021.102901	No exercise intervention used
118	10.1080/13814788.2019.1643166	Patients with other disease	20	10.1371/journal.pone.0257966	No exercise intervention used
119	10.3390/biomedicines7020024	Patients with other disease	21	PMID: 32119429	No exercise intervention used
120	10.1021/acs.biochem.9b00213	Patients with other disease	22	10.1080/17482631.2021.1992842	No exercise intervention used
121	10.1353/cpr.2018.0062	Patients with other disease	23	10.1007/s13760-021-01824-w	No exercise intervention used
122	10.1093/brain/awy240	Patients with other disease	24	10.3389/fnhum.2021.711703	No exercise intervention used
123	10.1007/s12603-017-0924-1	Patients with other disease	25	10.1016/j.parkreldis.2021.08.018	No exercise intervention used
124	10.1177/0898264316654674	Patients with other disease	26	10.1080/09638288.2021.1963854	No exercise intervention used
125	WOS:000402672301003	Patients with other disease	27	10.1002/brb3.2352	No exercise intervention used
126	10.1007/s12311-016-0836-3	Patients with other disease	28	10.1016/j.clineuro.2021.106815	No exercise intervention used
127	10.1097/HXR.0000000000000007	Patients with other disease	29	10.3390/ijerph18168596	No exercise intervention used
128	10.1109/CBMS.2017.36	Patients with other disease	30	10.3233/NRE-210146	No exercise intervention used
129	WOS:000399965600010	Patients with other disease	31	10.3389/fneur.2021.708433	No exercise intervention used
130	10.1038/nn.4398	Patients with other disease	32	10.1002/brb3.2297	No exercise intervention used
131	10.3389/fneur.2016.00165	Patients with other disease	33	10.1037/neu0000760	No exercise intervention used
132	10.1016/j.biopsych.2015.11.022	Patients with other disease	34	10.17294/2330-0698.1836	No exercise intervention used
133	10.5665/sleep.5756	Patients with other disease	35	10.1016/j.parkreldis.2021.07.013	No exercise intervention used
134	10.2298/SARH1602104G	Patients with other disease	36	10.3390/ijerph18136990	No exercise intervention used
135	10.1007/s40520-014-0238-7	Patients with other disease	37	10.1111/ner.13462	No exercise intervention used
136	10.1021/cn500133b	Patients with other disease	38	10.1007/s00415-021-10586-7	No exercise intervention used
137	10.1111/j.1741-6612.2012.00646.x	Patients with other disease	39	10.1002/mdc3.13197	No exercise intervention used
138	10.1016/j.amjmed.2012.06.040	Patients with other disease	40	10.3390/jpm11050361	No exercise intervention used
139	10.1111/j.1601-5215.2012.00659.x	Patients with other disease	41	10.1080/14737175.2021.1923480	No exercise intervention used
140	10.1111/j.1439-0310.2012.02044.x	Patients with other disease	42	10.1016/j.exger.2021.111364	No exercise intervention used
141	10.1007/s10194-010-0286-0	Patients with other disease	43	10.1016/j.parkreldis.2021.03.021	No exercise intervention used
142	10.1007/s00415-009-5060-3	Patients with other disease	44	10.1080/09638288.2021.1906959	No exercise intervention used
143	10.1016/j.baae.2008.02.006	Patients with other disease	45	10.1186/s12877-021-02113-0	No exercise intervention used
144	WOS:000262880500002	Patients with other disease	46	10.3233/JPD-212560	No exercise intervention used

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
47	10.1097/MRR.0000000000000460	No exercise intervention	97	10.1016/j.parkreldis.2019.05.031	No exercise intervention
48	10.2196/25451	No exercise intervention	98	10.1111/ggi.13731	No exercise intervention
49	10.1016/j.gaitpost.2021.01.026	No exercise intervention	99	10.1111/jan.14147	No exercise intervention
50	10.1111/imj.15148	No exercise intervention	100	10.3389/fneur.2019.00621	No exercise intervention
51	10.1177/0964528421990658	No exercise intervention	101	10.1111/nhs.12625	No exercise intervention
52	10.1152/ajpregu.00295.2020	No exercise intervention	102	10.1186/s12883-019-1355-x	No exercise intervention
53	10.1016/j.parkreldis.2021.01.013	No exercise intervention	103	10.1007/s11136-019-02217-6	No exercise intervention
54	10.3389/fneur.2020.625897	No exercise intervention	104	10.1093/gerona/glz111	No exercise intervention
55	10.1038/s41598-021-81795-3	No exercise intervention	105	10.1080/01616412.2019.1610224	No exercise intervention
56	10.1038/s41531-020-00152-9	No exercise intervention	106	10.3906/sag-1811-50	No exercise intervention
57	10.3233/JPD-202353	No exercise intervention	107	10.1177/0891988719841721	No exercise intervention
58	10.14802/jmd.20079	No exercise intervention	108	10.1016/j.jagp.2019.03.005	No exercise intervention
59	10.1007/s00221-020-06009-0	No exercise intervention	109	10.1007/s11136-019-02164-2	No exercise intervention
60	10.1007/s11481-020-09972-1	No exercise intervention	110	PMID: 30869413	No exercise intervention
61	10.1136/bmjopen-2020-040207	No exercise intervention	111	10.5177/ntvt.2019.03.18245	No exercise intervention
62	10.1016/j.clineuro.2020.106324	No exercise intervention	112	10.1093/ptj/pzz033	No exercise intervention
63	10.1016/j.jad.2020.09.032	No exercise intervention	113	PMID: 30747508	No exercise intervention
64	10.1016/j.parkreldis.2020.10.012	No exercise intervention	114	10.1007/s00702-019-01979-0	No exercise intervention
65	10.1016/j.parkreldis.2020.09.034	No exercise intervention	115	10.1017/S1041610219000048	No exercise intervention
66	10.1007/s00381-020-04880-4	No exercise intervention	116	10.3390/medicines6010013	No exercise intervention
67	10.3233/JPD-202251	No exercise intervention	117	10.1016/j.concte.2018.100308	No exercise intervention
68	10.3233/JPD-202249	No exercise intervention	118	10.1016/j.parkreldis.2018.11.006	No exercise intervention
69	10.1007/s10072-020-04701-1	No exercise intervention	119	10.1155/2018/4240178	No exercise intervention
70	10.1016/j.clineuro.2020.106132	No exercise intervention	120	10.12659/MSMBR.911411	No exercise intervention
71	10.1371/journal.pone.0236443	No exercise intervention	121	10.7759/cureus.3269	No exercise intervention
72	10.1016/j.parkreldis.2020.06.015	No exercise intervention	122	10.1007/s10072-018-3628-3	No exercise intervention
73	S0022-4707.19.10104-1	No exercise intervention	123	10.1002/mds.27498	No exercise intervention
74	10.1186/s40900-020-00212-7	No exercise intervention	124	10.1590/0004-282X20180087	No exercise intervention
75	10.3233/JPD-191838	No exercise intervention	125	10.18071/isz.71.0343	No exercise intervention
76	10.1007/s00415-020-09954-6	No exercise intervention	126	10.1016/j.parkreldis.2018.09.028	No exercise intervention
77	10.3390/jcm9051496	No exercise intervention	127	10.1016/j.parkreldis.2018.08.003	No exercise intervention
78	10.1002/mds.28134	No exercise intervention	128	10.1016/j.parkreldis.2018.09.013	No exercise intervention
79	10.3390/jcm9051296	No exercise intervention	129	10.1177/1742395318796166	No exercise intervention
80	10.1371/journal.pone.0232764	No exercise intervention	130	10.1016/j.jcomdis.2018.08.002	No exercise intervention
81	10.3233/JPD-201938	No exercise intervention	131	10.1186/s12883-018-1111-7	No exercise intervention
82	10.1007/s00415-020-09783-7	No exercise intervention	132	10.1186/s12967-018-1554-z	No exercise intervention
83	10.33160/yam.2020.02.001	No exercise intervention	133	10.1007/s10072-018-3480-5	No exercise intervention
84	10.3390/medicina56030117	No exercise intervention	134	10.1002/sml.201801732	No exercise intervention
85	10.1007/s00415-020-09714-6	No exercise intervention	135	10.1007/s13760-018-0947-3	No exercise intervention
86	10.1109/EMBC.2019.8857162	No exercise intervention	136	10.1177/2515690X18765943	No exercise intervention
87	10.1212/WNL.00000000000008567	No exercise intervention	137	10.1684/pnv.2017.0716	No exercise intervention
88	10.1080/00207454.2019.1681423	No exercise intervention	138	10.1016/j.parkreldis.2018.02.044	No exercise intervention
89	10.1016/j.parkreldis.2019.09.027	No exercise intervention	139	10.1016/j.psychires.2018.01.018	No exercise intervention
90	10.1186/s12877-019-1292-y	No exercise intervention	140	10.3233/JPD-171247	No exercise intervention
91	10.1007/s00702-019-02085-x	No exercise intervention	141	10.5606/tftrd.2018.2074	No exercise intervention
92	10.1017/S1041610219001212	No exercise intervention	142	10.3171/2017.8.JNS1733	No exercise intervention
93	10.1007/s00415-019-09545-0	No exercise intervention	143	10.1097/rnj.0000000000000106	No exercise intervention
94	10.1016/j.parkreldis.2019.08.001	No exercise intervention	144	10.1016/j.clineuro.2018.01.008	No exercise intervention
95	10.1002/gps.5184	No exercise intervention	145	10.1016/j.parkreldis.2017.12.023	No exercise intervention
96	10.1002/mds.27792	No exercise intervention	146	10.1016/j.clineuro.2017.12.011	No exercise intervention

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
147	10.1371/journal.pone.0189161	No exercise intervention	197	10.3109/07380577.2014.890307	No exercise intervention
148	10.1016/j.parkreldis.2017.12.003	No exercise intervention	198	10.1177/0193945914528588	No exercise intervention
149	10.1016/j.clinthera.2017.11.004	No exercise intervention	199	10.1007/s00415-014-7327-6	No exercise intervention
150	10.1016/j.jpsychores.2017.09.008	No exercise intervention	200	10.3389/fneur.2014.00024	No exercise intervention
151	10.3233/JPD-171173	No exercise intervention	201	10.3109/09638288.2014.883442	No exercise intervention
152	PMID: 28981227	No exercise intervention	202	10.1016/j.jns.2013.12.040	No exercise intervention
153	10.1371/journal.pone.0184823	No exercise intervention	203	10.1016/j.mehy.2013.11.021	No exercise intervention
154	10.1007/s00415-017-8605-x	No exercise intervention	204	10.1016/j.neurobiolaging.2013.08.012	No exercise intervention
155	10.1016/j.parkreldis.2017.07.032	No exercise intervention	205	10.1016/j.clinph.2013.09.004	No exercise intervention
156	10.1080/00207454.2017.1366475	No exercise intervention	206	10.1159/000351779	No exercise intervention
157	10.1038/npjparkd.2016.19	No exercise intervention	207	10.3233/JPD-130184	No exercise intervention
158	10.1038/s41531-017-0018-0	No exercise intervention	208	10.1136/jnnp-2012-304715	No exercise intervention
159	10.1002/gps.4735	No exercise intervention	209	10.1155/2013/141720	No exercise intervention
160	10.3233/JPD-161034	No exercise intervention	210	10.1684/pnv.2013.0404	No exercise intervention
161	10.1038/s41598-016-0018-z	No exercise intervention	211	10.1159/000350946	No exercise intervention
162	10.1159/000460251	No exercise intervention	212	10.1016/j.parkreldis.2013.05.014	No exercise intervention
163	10.3389/fnagi.2017.00053	No exercise intervention	213	10.1038/tp.2013.44	No exercise intervention
164	10.1136/jech-2016-207764	No exercise intervention	214	10.1002/mds.25496	No exercise intervention
165	10.1007/s11136-017-1527-3	No exercise intervention	215	10.1136/medethics-2013-101419	No exercise intervention
166	10.1007/s00415-016-8370-2	No exercise intervention	216	10.1002/mds.25457	No exercise intervention
167	10.1097/NPT.0000000000000162	No exercise intervention	217	10.1177/1742395313478219	No exercise intervention
168	10.1186/s13063-016-1622-8	No exercise intervention	218	10.1371/journal.pone.0057986	No exercise intervention
169	10.1016/j.jns.2016.10.021	No exercise intervention	219	10.2340/16501977-1123	No exercise intervention
170	10.1016/j.parkreldis.2016.08.021	No exercise intervention	220	PMID: 23301468	No exercise intervention
171	10.1002/brb3.524	No exercise intervention	221	PMID: 24579318	No exercise intervention
172	10.1016/j.jns.2016.09.036	No exercise intervention	222	PMID: 23077933	No exercise intervention
173	10.1111/ane.12695	No exercise intervention	223	10.1016/j.neurol.2012.05.008	No exercise intervention
174	10.1007/s00221-016-4759-5	No exercise intervention	224	10.1177/0891988712455237	No exercise intervention
175	10.1589/jpts.28.1724	No exercise intervention	225	10.1016/j.parkreldis.2012.07.006	No exercise intervention
176	10.1016/j.apmr.2016.05.020	No exercise intervention	226	10.1185/03007995.2012.702101	No exercise intervention
177	10.3233/BMR-160720	No exercise intervention	227	10.1111/j.1467-8519.2012.01978.x	No exercise intervention
178	10.1186/s13063-016-1253-0	No exercise intervention	228	10.1136/bmj.e1566	No exercise intervention
179	10.1093/ageing/afw005	No exercise intervention	229	10.1007/s00415-011-6400-7	No exercise intervention
180	10.1371/journal.pone.0139849	No exercise intervention	230	10.3233/JPD-2012-012125	No exercise intervention
181	10.1007/s00586-015-4265-7	No exercise intervention	231	10.1016/j.archger.2011.07.008	No exercise intervention
182	10.1007/s10916-015-0353-9	No exercise intervention	232	10.1007/s11136-011-9958-8	No exercise intervention
183	10.1089/acm.2015.0078	No exercise intervention	233	10.1186/1477-7525-9-69	No exercise intervention
184	10.1016/j.cortex.2015.06.021	No exercise intervention	234	10.1007/s00115-011-3329-0	No exercise intervention
185	10.17116/jnevro20151153161-64	No exercise intervention	235	10.1097/NNR.0b013e318221bb0f	No exercise intervention
186	10.1016/j.parkreldis.2015.05.009	No exercise intervention	236	10.1111/j.1468-1331.2011.03447.x	No exercise intervention
187	10.1016/j.parkreldis.2015.03.007	No exercise intervention	237	PMID: 21655757	No exercise intervention
188	10.1097/MRR.0000000000000095	No exercise intervention	238	10.1007/s00415-011-6097-7	No exercise intervention
189	10.1111/ane.12282	No exercise intervention	239	10.1016/j.wneu.2010.06.015	No exercise intervention
190	10.1016/j.jamda.2014.08.002	No exercise intervention	240	10.1002/mds.23591	No exercise intervention
191	10.1007/s12013-014-0169-0	No exercise intervention	241	10.5137/1019-5149.JTN.3956-10.0	No exercise intervention
192	10.1016/j.brs.2014.06.002	No exercise intervention	242	10.1111/j.1365-2648.2011.05618.x	No exercise intervention
193	10.1016/j.jagp.2014.04.005	No exercise intervention	243	10.1016/j.jns.2011.02.013	No exercise intervention
194	10.1016/j.jocn.2013.12.020	No exercise intervention	244	10.1016/j.jad.2011.01.021	No exercise intervention
195	10.1111/ggi.12300	No exercise intervention	245	10.1100/tsw.2010.221	No exercise intervention
196	10.1186/1471-2318-14-54	No exercise intervention	246	PMID: 21089214	No exercise intervention

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
247	10.1136/jnnp.2009.202556	No exercise intervention	297	10.1016/S0887-6177(03)00004-0	No exercise intervention
248	10.1016/j.amjopharm.2010.07.002	No exercise intervention	298	10.1007/s00415-004-0305-7	No exercise intervention
249	10.1056/NEJMc1007650	No exercise intervention	299	10.1159/000075159	No exercise intervention
250	10.1097/JGP.0b013e3181e448f7	No exercise intervention	300	PMID: 14742588	No exercise intervention
251	10.1016/j.euroneuro.2010.07.001	No exercise intervention	301	10.1111/j.1532-5415.2004.52064.x	No exercise intervention
252	10.1017/S1355617710000755	No exercise intervention	302	10.1016/s0028-3932(03)00154-4	No exercise intervention
253	10.1007/s00415-010-5566-8	No exercise intervention	303	10.1056/NEJMoA035275	No exercise intervention
254	10.1016/j.parkreldis.2010.02.010	No exercise intervention	304	10.1007/s00415-003-1067-3	No exercise intervention
255	10.1001/archneur.2009.294	No exercise intervention	305	PMID: 12773909	No exercise intervention
256	PMID: 19873855	No exercise intervention	306	10.1016/s1388-2457(03)00040-3	No exercise intervention
257	10.1016/j.jns.2009.08.048	No exercise intervention	307	10.1002/mds.10441	No exercise intervention
258	10.1016/j.parkreldis.2009.07.009	No exercise intervention	308	PMID: 12677479	No exercise intervention
259	10.1097/WNF.0b013e3181aa916a	No exercise intervention	309	10.1002/mds.10370	No exercise intervention
260	10.1002/mds.22664	No exercise intervention	310	PMID: 12652265	No exercise intervention
261	10.1002/mds.22586	No exercise intervention	311	10.1136/jnnp.74.2.175	No exercise intervention
262	10.1007/s00415-009-5007-8	No exercise intervention	312	10.1136/jnnp.74.2.163	No exercise intervention
263	PMID: 21319001	No exercise intervention	313	PMID: 12530402	No exercise intervention
264	10.1002/mds.22219	No exercise intervention	314	PMID: 12525751	No exercise intervention
265	10.1097/WNN.0b013e3181799da6	No exercise intervention	315	10.1016/s0306-4522(02)00538-9	No exercise intervention
266	10.1016/S1474-4422(08)70114-5	No exercise intervention	316	10.1046/j.1468-1331.2002.00484.x	No exercise intervention
267	10.1016/j.jns.2008.02.013	No exercise intervention	317	10.1191/0269215502cr544oa	No exercise intervention
268	10.1177/0269215507079096	No exercise intervention	318	10.1212/01.wnl.0000032756.14298.18	No exercise intervention
269	10.1002/mds.21853	No exercise intervention	319	10.1016/s0090-3019(02)00691-2	No exercise intervention
270	10.4040/jkan.2007.37.6.891	No exercise intervention	320	10.1002/mds.10109	No exercise intervention
271	10.1002/mds.21408	No exercise intervention	321	10.1136/jnnp.72.6.701	No exercise intervention
272	10.1136/jnnp.2006.112367	No exercise intervention	322	10.1136/jnnp.72.6.689	No exercise intervention
273	10.1097/WNN.0b013e31802b6c0b	No exercise intervention	323	10.1007/s004150200059	No exercise intervention
274	10.1080/03610730601006370	No exercise intervention	324	10.1002/mds.10044	No exercise intervention
275	10.1093/brain/awl301	No exercise intervention	325	10.1136/jnnp.71.5.611	No exercise intervention
276	10.1159/000094971	No exercise intervention	326	10.1007/s100720170059	No exercise intervention
277	10.1089/acm.2006.12.395	No exercise intervention	327	10.1002/mds.1042	No exercise intervention
278	10.1002/mds.20929	No exercise intervention	328	PMID: 11104194	No exercise intervention
279	10.1001/archneur.63.5.717	No exercise intervention	329	PMID: 10830414	No exercise intervention
280	10.1016/j.parkreldis.2005.11.009	No exercise intervention	330	10.1007/s007020050005	No exercise intervention
281	PMID: 16447738	No exercise intervention	331	10.1001/archneur.57.4.461	No exercise intervention
282	10.1016/j.parkreldis.2005.07.006	No exercise intervention	332	10.1592/phco.19.16.1321.30877	No exercise intervention
283	10.1002/mds.20592	No exercise intervention	333	PMID: 10495038	No exercise intervention
284	10.1016/j.apmr.2004.10.040	No exercise intervention	334	10.1056/NEJM199905133401910	No exercise intervention
285	10.1007/s00415-005-0704-4	No exercise intervention	335	PMID: 10210872	No exercise intervention
286	10.1001/archneur.62.2.297	No exercise intervention	336	10.1136/jnnp.66.3.297	No exercise intervention
287	10.1536/jhj.45.1043	No exercise intervention	337	PMID: 9818301	No exercise intervention
288	10.1186/1471-244X-4-39	No exercise intervention	338	10.1007/pl00007737	No exercise intervention
289	15481546	No exercise intervention	339	10.1212/wnl.49.4.1078	No exercise intervention
290	10.1016/j.apmr.2004.01.025	No exercise intervention	340	10.1016/s1353-8020(96)00040-5	No exercise intervention
291	10.1176/jnp.16.3.315	No exercise intervention	341	10.1007/BF03324286	No exercise intervention
292	10.1136/jnnp.2003.034579	No exercise intervention	342	10.1080/01688639308402591	No exercise intervention
293	10.1136/jnnp.2003.027060	No exercise intervention	343	10.1007/978-3-0348-7292-8_7	No exercise intervention
294	10.1136/jnnp.2002.009803	No exercise intervention	344	10.1080/01688638908400902	No exercise intervention
295	10.1016/j.sleep.2003.10.011	No exercise intervention	345	10.1016/0009-8981(88)90269-0	No exercise intervention
296	10.1016/j.sleep.2003.10.010	No exercise intervention	346	10.1016/s0022-0736(86)81059-7	No exercise intervention

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
347	10.1136/jnnp.49.10.1182	No exercise intervention	397	10.23736/S0391-1772.18.01980-5	No exercise intervention
348	10.1016/s0735-1097(84)80394-0	No exercise intervention	398	10.15557/AN.2019.0021	No exercise intervention
349	PMID: 314696	No exercise intervention	399	10.3233/NRE-192894	No exercise intervention
350	PMID: 938217	No exercise intervention	400	10.1080/13548506.2019.1574355	No exercise intervention
351	10.1017/s0033291700007467	No exercise intervention	401	10.19193/0393-6384_2019_3_259	No exercise intervention
352	PMID: 240264	No exercise intervention	402	10.5137/1019-5149.JTN.22614-18.3	No exercise intervention
353	PMID: 1121350	No exercise intervention	403	10.1007/s41105-018-0185-3	No exercise intervention
354	10.1080/14737175.2022.2012156	No exercise intervention	404	10.1007/s11760-018-1298-5	No exercise intervention
355	10.3390/ijerph182312566	No exercise intervention	405	10.1371/journal.pone.0205100	No exercise intervention
356	10.1111/jan.15117	No exercise intervention	406	10.1055/a-0577-5139	No exercise intervention
357	10.1007/s00415-021-10873-3	No exercise intervention	407	10.1016/j.rpsm.2016.10.003	No exercise intervention
358	10.1002/mdc3.13348	No exercise intervention	408	10.1007/s10592-018-1072-9	No exercise intervention
359	10.23736/S1973-9087.21.06621-1	No exercise intervention	409	10.1134/S004446771804007X	No exercise intervention
360	10.1097/NPT.0000000000000372	No exercise intervention	410	10.3389/fneur.2018.00360	No exercise intervention
361	10.12968/ijtr.2019.0138	No exercise intervention	411	10.1016/j.parkreldis.2018.02.031	No exercise intervention
362	10.1080/02703181.2021.1973172	No exercise intervention	412	10.1002/brb3.976	No exercise intervention
363	10.1007/s10823-021-09436-w	No exercise intervention	413	10.1093/brain/awy019	No exercise intervention
364	10.1002/acn3.51436	No exercise intervention	414	10.1002/mds.27258	No exercise intervention
365	10.1186/s12883-021-02313-6	No exercise intervention	415	10.1007/978-3-030-00919-9_36	No exercise intervention
366	10.3390/diagnostics11050796	No exercise intervention	416	10.1016/j.parkreldis.2017.11.064	No exercise intervention
367	10.1016/j.apmr.2020.10.134	No exercise intervention	417	10.1891/1933-3196.12.1.16	No exercise intervention
368	10.3390/ijms22084052	No exercise intervention	418	10.1177/0308022617700654	No exercise intervention
369	10.3389/fpsyg.2021.571991	No exercise intervention	419	10.1007/s10072-017-2967-9	No exercise intervention
370	10.1186/s12955-021-01740-w	No exercise intervention	420	10.1249/01.mss.0000516892.15504.64	No exercise intervention
371	10.33588/m.7206.2020259	No exercise intervention	421	10.1016/S1474-4422(17)30056-X	No exercise intervention
372	10.1016/j.mhpa.2021.100382	No exercise intervention	422	10.1007/s00415-017-8426-y	No exercise intervention
373	10.1016/j.parkreldis.2020.11.015	No exercise intervention	423	10.1021/acschemneuro.6b00319	No exercise intervention
374	10.3389/fneur.2020.533731	No exercise intervention	424	10.1007/s11682-016-9514-9	No exercise intervention
375	10.1136/bmjopen-2020-041303	No exercise intervention	425	10.1080/10833196.2017.1287393	No exercise intervention
376	10.3389/fneur.2020.00821	No exercise intervention	426	10.1186/s12955-016-0546-z	No exercise intervention
377	10.3389/fnins.2020.00781	No exercise intervention	427	10.1007/s10072-016-2681-z	No exercise intervention
378	10.5334/tohm.403	No exercise intervention	428	10.1080/14737175.2016.1218278	No exercise intervention
379	10.1016/j.gerinurse.2019.10.005	No exercise intervention	429	10.1016/j.apmr.2015.12.010	No exercise intervention
380	10.1097/rnj.0000000000000179	No exercise intervention	430	10.1016/j.neulet.2016.02.011	No exercise intervention
381	10.1037/rep0000313	No exercise intervention	431	10.3109/09638288.2015.1055377	No exercise intervention
382	10.1016/j.mehy.2020.109602	No exercise intervention	432	10.1080/13854046.2015.1133847	No exercise intervention
383	10.1212/WNL.0000000000009285	No exercise intervention	433	10.1109/ICECE.2016.7853916	No exercise intervention
384	10.14739/2310-1210.2020.2.200630	No exercise intervention	434	10.1016/j.expneurol.2015.09.017	No exercise intervention
385	10.1038/s41597-020-0401-2	No exercise intervention	435	10.1016/j.parkreldis.2015.11.021	No exercise intervention
386	WOS:000590871800002	No exercise intervention	436	10.1145/2872518.2888598	No exercise intervention
387	10.1007/s00221-019-05709-6	No exercise intervention	437	10.1589/jpts.27.3675	No exercise intervention
388	10.1016/j.jfma.2019.05.005	No exercise intervention	438	10.1007/s00702-014-1349-1	No exercise intervention
389	10.1177/0305735619888571	No exercise intervention	439	10.1016/j.parkreldis.2015.04.019	No exercise intervention
390	10.1097/MRR.0000000000000373	No exercise intervention	440	10.1016/j.neubiorev.2015.02.016	No exercise intervention
391	WOS:000487785003306	No exercise intervention	441	10.1016/j.clinph.2014.07.034	No exercise intervention
392	10.1016/j.combiomed.2019.103347	No exercise intervention	442	10.1016/bs.im.2015.10.004	No exercise intervention
393	10.1097/TGR.0000000000000232	No exercise intervention	443	10.1155/2015/816404	No exercise intervention
394	10.1039/c9ob00893d	No exercise intervention	444	10.3233/JPD-140484	No exercise intervention
395	10.23736/S1973-9087.18.05240-1	No exercise intervention	445	10.1186/s12883-014-0193-0	No exercise intervention
396	10.1080/13607863.2017.1421612	No exercise intervention	446	10.1371/journal.pone.0106561	No exercise intervention

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
447	10.1212/WNL.0000000000000587	No exercise intervention	497	10.1136/jnnp.200X.097923	No exercise intervention
448	10.1007/s11910-014-0448-6	No exercise intervention	498	WOS:000254221700015	No exercise intervention
449	10.1002/mds.25914	No exercise intervention	499	10.1002/mds.21099	No exercise intervention
450	10.1007/s00415-014-7308-9	No exercise intervention	500	10.1093/ageing/afj053	No exercise intervention
451	10.1371/journal.pone.0088121	No exercise intervention	501	10.1038/sj.npp.1300632	No exercise intervention
452	WOS:000339709800008	No exercise intervention	502	PMID: 28470738	No exercise intervention
453	10.1111/acps.12171	No exercise intervention	503	10.1006/brcg.1999.1112	No exercise intervention
454	10.1016/j.neuroimage.2011.07.012	No exercise intervention	504	10.1007/978-3-7091-6499-0_6	No exercise intervention
455	10.1016/j.parkreldis.2013.07.010	No exercise intervention	505	WOS: A1995RD90900008	No exercise intervention
456	WOS:000327914200173	No exercise intervention	1	10.3389/fneur.2021.673816	No controls involved
457	10.1007/s00415-013-7017-9	No exercise intervention	2	10.1080/17461391.2021.1922505	No controls involved
458	10.1016/j.nbd.2013.01.004	No exercise intervention	3	10.1186/s13063-021-05177-w	No controls involved
459	10.2174/18715273113129990080	No exercise intervention	4	10.1016/j.ctcp.2021.101348	No controls involved
460	10.1209/0295-5075/102/50002	No exercise intervention	5	10.1111/ene.14798	No controls involved
461	10.1016/j.parkreldis.2013.02.014	No exercise intervention	6	10.3390/jfmk5040082	No controls involved
462	10.1212/WNL.0b013e31828cfaa4	No exercise intervention	7	10.3390/ijerph17207668	No controls involved
463	10.3938/jkps.62.959	No exercise intervention	8	10.1136/bmjopen-2020-039941	No controls involved
464	10.1037/a0031525	No exercise intervention	9	10.1016/j.rehab.2020.05.011	No controls involved
465	10.1590/S0101-60832013000300002	No exercise intervention	10	10.1016/j.ctcp.2020.101169	No controls involved
466	10.2298/VSP111114028K	No exercise intervention	11	10.1080/00207454.2019.1710147	No controls involved
467	10.1002/mds.25195	No exercise intervention	12	10.1177/1545968319893303	No controls involved
468	10.1212/WNL.0b013e3182703f92	No exercise intervention	13	10.3233/NRE-192772	No controls involved
469	10.1016/j.expneurol.2012.04.020	No exercise intervention	14	10.1002/ejp.1400	No controls involved
470	10.1016/j.parkreldis.2012.01.018	No exercise intervention	15	10.1001/jamaneurol.2019.0534	No controls involved
471	10.1002/mds.24049	No exercise intervention	16	10.1017/S135246581800070X	No controls involved
472	10.1007/s00221-011-2962-y	No exercise intervention	17	10.1016/j.gaitpost.2018.12.039	No controls involved
473	10.1093/brain/awr267	No exercise intervention	18	10.1007/s13760-018-1034-5	No controls involved
474	10.3390/ijms12095999	No exercise intervention	19	10.1016/j.etim.2017.10.010	No controls involved
475	10.1097/PHM.0b013e31820b15a2	No exercise intervention	20	10.1186/s13063-017-2223-x	No controls involved
476	10.1097/WNN.0b013e318218c5eb	No exercise intervention	21	10.1016/j.gaitpost.2017.08.019	No controls involved
477	10.1007/s00221-010-2469-y	No exercise intervention	22	10.1155/2017/8562867	No controls involved
478	10.4061/2011/507416	No exercise intervention	23	10.1176/appi.neuropsych.16110298	No controls involved
479	10.4061/2011/125271	No exercise intervention	24	10.2147/PPA.S135551	No controls involved
480	10.1093/brain/awq256	No exercise intervention	25	10.1080/08990220.2016.1278203	No controls involved
481	10.1002/mds.23322	No exercise intervention	26	10.3389/fnhum.2016.00690	No controls involved
482	10.1002/mds.23152	No exercise intervention	27	10.3233/NRE-161399	No controls involved
483	WOS:000284916600008	No exercise intervention used	28	10.1002/mds.26561	No controls involved
484	WOS:000285892700003	No exercise intervention used	29	10.1371/journal.pone.0140584	No controls involved
485	10.1016/j.neuroscience.2009.07.027	No exercise intervention used	30	10.1097/NPT.0000000000000101	No controls involved
486	10.1177/1545968309337136	No exercise intervention used	31	10.1186/s13063-015-0804-0	No controls involved
487	10.1002/ana.21774	No exercise intervention used	32	10.1186/s12883-015-0312-6	No controls involved
488	10.1007/s00391-008-0009-1	No exercise intervention used	33	10.1155/2015/586378	No controls involved
489	WOS:000281688900002	No exercise intervention used	34	10.1016/j.jsams.2015.01.005	No controls involved
490	10.1002/mds.22229	No exercise intervention used	35	10.1016/j.parkreldis.2015.01.016	No controls involved
491	10.1007/s00415-008-4003-8	No exercise intervention used	36	10.3109/00207454.2014.966820	No controls involved
492	10.1111/j.1468-1331.2008.02103.x	No exercise intervention used	37	10.3233/NRE-141119	No controls involved
493	WOS:000255086800011	No exercise intervention used	38	10.1016/j.parkreldis.2013.10.003	No controls involved
494	10.1016/j.parkreldis.2007.07.017	No exercise intervention used	39	10.5692/clinicalneuro.52.965	No controls involved
495	10.12968/hmed.2007.68.12.644	No exercise intervention used	40	10.1002/mds.23966	No controls involved
496	10.1002/j.1551-8701.1978.tb01117.x	No exercise intervention used	41	10.1177/0269215509358933	No controls involved

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason	No.	DOI	Reason
42	10.1111/j.1468-1331.2007.01858.x	No controls involved	34	10.1371/journal.pone.0149224	No depression data reported
43	10.1093/gerona/55.8.m441	No controls involved	35	10.1186/s40734-015-0020-9	No depression data reported
44	10.1016/0002-9149(87)90856-3	No controls involved	36	10.1186/s12883-015-0418-x	No depression data reported
45	10.1016/s0140-6736(72)90461-8	No controls involved	37	10.1155/2015/839895	No depression data reported
46	10.1007/s13760-021-01732-z	No controls involved	38	10.1186/s12883-015-0313-5	No depression data reported
47	WOS:000616431700008	No controls involved	39	10.1177/1359105314529681	No depression data reported
48	WOS:000567989801254	No controls involved	40	10.3138/ptc.2011-57	No depression data reported
49	10.1097/TGR.0000000000000279	No controls involved	41	10.4172/2157-7595.1000137	No depression data reported
50	10.1093/tbm/ibz150	No controls involved	42	10.1093/jmt/49.3.278	No depression data reported
51	10.1590/1517-869220202601220640	No controls involved	43	10.1097/YCT.0b013e31823c98c0	No depression data reported
52	WOS:000446176700292	No controls involved	44	10.3233/JPD-2011-11016	No depression data reported
53	WOS:000458382700021	No controls involved	45	10.1136/jnnp.58.5.641-a	No depression data reported
54	10.3233/JPD-161015	No controls involved	46	PMID: 8325514	No depression data reported
55	WOS:000396516500028	No controls involved	47	PMID: 4528639	No depression data reported
56	WOS:000337693401239	No controls involved	48	10.1016/j.aimed.2021.07.005	No depression data reported
57	WOS:000332696400005	No controls involved	49	10.3389/fpsyg.2021.623721	No depression data reported
58	10.1586/ERN.09.1	No controls involved	50	10.3390/brainsci11070895	No depression data reported
1	10.1016/j.clineuro.2013.10.002	No depression data reported	51	10.3866/PKU.WHXB202007004	No depression data reported
2	10.1016/j.ctcp.2021.101528	No depression data reported	52	10.1155/2020/8352176	No depression data reported
3	10.1016/j.ctcp.2021.101523	No depression data reported	53	10.1371/journal.pone.0230803	No depression data reported
4	10.1186/s12883-021-02519-8	No depression data reported	54	10.1055/a-1120-7065	No depression data reported
5	10.1109/EMBC46164.2021.9630769	No depression data reported	55	10.12680/balneo.2019.271	No depression data reported
6	10.4103/aian.AIAN_127_21	No depression data reported	56	10.3389/fneur.2019.00148	No depression data reported
7	10.1111/ene.15165	No depression data reported	57	10.1097/NPT.0000000000000249	No depression data reported
8	10.3233/JPD-202457	No depression data reported	58	10.1097/FCH.0000000000000159	No depression data reported
9	10.3390/ijerph181910196	No depression data reported	59	WOS:000438683900003	No depression data reported
10	10.1093/ptj/pzab191	No depression data reported	60	10.1080/09638288.2016.1226405	No depression data reported
11	10.3390/ijerph18105499	No depression data reported	61	10.3389/fnbeh.2016.00111	No depression data reported
12	10.1016/j.physio.2020.10.004	No depression data reported	62	10.1007/s10072-015-2421-9	No depression data reported
13	10.1007/s10072-021-05123-3	No depression data reported	63	WOS:000338408900014	No depression data reported
14	10.1038/s41598-020-80394-y	No depression data reported	64	10.1016/S1353-8020(09)70819-3	No depression data reported
15	10.1016/j.sleep.2020.11.021	No depression data reported	65	10.1016/j.ejmech.2009.01.013	No depression data reported
16	PMID: 33252908	No depression data reported	66	10.1586/ern.09.1	No depression data reported
17	10.1111/ane.13256	No depression data reported	67	10.1080/09638280902850261	No depression data reported
18	10.1093/braincomms/fcz040	No depression data reported	68	10.2165/00002512-200926030-00002	No depression data reported
19	10.3233/JPD-191759	No depression data reported	69	10.1002/mds.22293	No depression data reported
20	10.3389/fneur.2019.01360	No depression data reported	70	10.1080/09638280701828955	No depression data reported
21	10.1136/bmjopen-2019-029841	No depression data reported	1	10.1007/s11845-021-02772-3	Did not use an RCT design
22	10.1515/jcim-2018-0245	No depression data reported	2	10.2196/27662	Did not use an RCT design
23	10.4103/2045-9912.248264	No depression data reported	3	10.3390/jpm11080687	Did not use an RCT design
24	10.1186/s40814-019-0394-9	No depression data reported	4	10.1016/j.prdoa.2020.100086	Did not use an RCT design
25	10.23736/S1973-9087.18.05368-6	No depression data reported	5	10.1097/JXX.0000000000000598	Did not use an RCT design
26	10.1016/j.ctim.2017.11.005	No depression data reported	6	10.3389/fpsyg.2020.600440	Did not use an RCT design
27	10.1016/j.cmpb.2018.04.029	No depression data reported	7	10.1016/j.arret.2020.100064	Did not use an RCT design
28	10.1007/s00702-018-1859-3	No depression data reported	8	10.2217/nmt-2020-0031	Did not use an RCT design
29	10.1519/JPT.0000000000000151	No depression data reported	9	10.4103/1673-5374.293151	Did not use an RCT design
30	10.1007/s00221-017-5163-5	No depression data reported	10	10.1371/journal.pone.0237777	Did not use an RCT design
31	10.12659/msm.906179	No depression data reported	11	10.1007/s00415-019-09657-7	Did not use an RCT design
32	10.7748/nop.28.9.12.s12	No depression data reported	12	10.1016/j.dhjo.2019.100848	Did not use an RCT design
33	10.1080/13803395.2016.1207755	No depression data reported	13	PMID: 31418736	Did not use an RCT design

eTable 1. Reasons for exclusion (continued)

No.	DOI	Reason
14	10.1111/ajag.12705	Did not use an RCT design
15	10.1016/j.parkreldis.2019.05.004	Did not use an RCT design
16	10.3389/fneur.2019.00116	Did not use an RCT design
17	10.1177/0891988717720299	Did not use an RCT design
18	10.23736/S1973-9087.16.04213-1	Did not use an RCT design
19	10.3389/fneur.2015.00122	Did not use an RCT design
20	PMID: 25858649	Did not use an RCT design
21	10.1007/s00702-015-1380-x	Did not use an RCT design
22	10.3233/NRE-141162	Did not use an RCT design
23	10.1097/PHM.0000000000000092	Did not use an RCT design
24	10.3233/NRE-131024	Did not use an RCT design
25	10.3233/NRE-130962	Did not use an RCT design
26	10.1016/j.pmrj.2013.05.019	Did not use an RCT design
27	PMID: 17039221	Did not use an RCT design
28	10.1007/s00415-004-0379-2	Did not use an RCT design
29	10.1191/0269215502cr545oa	Did not use an RCT design
30	10.29252/aassjournal.781	Did not use an RCT design
31	10.1097/TGR.0000000000000277	Did not use an RCT design
32	10.1007/s10465-017-9242-8	Did not use an RCT design
33	10.1177/0891988716673467	Did not use an RCT design
34	WOS:000393490700048	Did not use an RCT design
35	10.1186/1743-0003-8-35	Did not use an RCT design
36	10.3988/jcn.2013.9.4.237	Did not use an RCT design
37	10.1111/j.1600-0404.2010.01338.x	Did not use an RCT design
38	10.3390/ijerph16122104	Did not use an RCT design
39	10.3233/NRE-192788	Did not use an RCT design
40	10.12680/balneo.2019.272	Did not use an RCT design
41	10.1016/j.bandc.2008.09.008	Did not use an RCT design
42	10.1016/j.cct.2016.10.001	Did not use an RCT design
1	10.1177/1756286420986744	Insufficient data
2	10.1007/s40520-020-01617-w	Insufficient data
3	10.23736/S0022-4707.19.10104-1	Insufficient data
4	10.3390/ijerph16050880	Insufficient data
5	10.1016/j.apmr.2017.12.014	Insufficient data
6	10.1002/mdc3.12269	Insufficient data
7	10.4103/0973-6131.146070	Insufficient data
8	10.1212/WNL.0000000000000644	Insufficient data
9	10.1177/1545968310376057	Insufficient data
10	10.1002/mds.20705	Insufficient data
1	10.3310/hta23360	Same data used for a prior published article

eTable 2. Participant motor severity

Study	UPDRS or MDS-UPDRS score	H&Y stage
Altmann 2016 ^{e1}	UPDRS-total: Trt1: 36.6 ± 12.5 UPDRS-total: Trt2: 31.7 ± 8.7 UPDRS-total: Con: 32.7 ± 11.0	Trt1: 2.1 ± 0.5 Trt2: 2.2 ± 0.4 Con: 2.4 ± 0.7
Cheung 2018 ^{e2}	UPDRS III: Trt: 25.6 ± 6.9 UPDRS III: Con: 24.4 ± 7.3	Trt: 2 ± 0.8 Con: 2 ± 0.8
Cugusi 2015 ^{e3}	UPDRS III: Trt: 25.3 ± 11.1 UPDRS III: Con: 25 ± 11.8	Trt: 2.4 ± 0.8 Con: 2.3 ± 0.5
Hashimoto 2015 ^{e4}	UPDRS-total: Trt1: 34.8 ± 15.8 UPDRS-total: Trt2: 42.7 ± 13.9 UPDRS-total: Con: 33.4 ± 14.2	Trt1: 2.7 ± 0.5 Trt2: 2.7 ± 0.5 Con: 3.0 ± 0.6
Hortobágyi 2021 ^{e5}	MDS-UPDRS II: Trt+M: 20.0 ± 5.2 MDS-UPDRS II: Trt: 19.3 ± 4.7 MDS-UPDRS II: Con: 19.2 ± 5.8	Trt+M: 2.5 ± 2.0 Trt: 2.4 ± 2.0 Con: 2.4 ± 2.0
Kolk 2019 ^{e6}	MDS-UPDRS III: Trt: 29.5 ± 15.7 MDS-UPDRS III: Con: 27.2 ± 14.8	Trt: 1.94 ± 0.2 Con: 1.95 ± 0.2
Lee 2015 ^{e7}	NA	NA
Lee 2018 ^{e8}	UPDRS III: Trt: 14.8 ± 6.7 UPDRS III: Con: 11.9 ± 3.1	Trt: 2.04 ± 0.8 Con: 1.81 ± 0.8
Lima 2019 ^{e9}	UPDRS-total: Trt: 64 ± 34.6 UPDRS-total: Con: 61.1 ± 24.3	Trt: 2.11 ± 0.8 Con: 1.93 ± 0.8
Michels 2018 ^{e10}	MDS-UPDRS III: Trt: 27.6 ± 11.6 MDS-UPDRS III: Con: 40.8 ± 8.7	Trt: 2.11 ± 0.3 Con: 2.5 ± 1.0
Romenets 2015 ^{e11}	MDS-UPDRS III: Trt: 20.7 ± 10.1 MDS-UPDRS III: Con: 27.5 ± 14.5	Trt: 1.7 ± 0.6 Con: 2 ± 0.5
Sacheli 2019 ^{e12}	MDS-UPDRS III: Trt: 23.0 ± 10.4 MDS-UPDRS III: Con: 26.8 ± 13.1	Total: 1–3
Seymour 2019 ^{e13}	MDS-UPDRS III: Trt: 32.0 ± 15.2 MDS-UPDRS III: Con: 33.0 ± 17.3	Trt: 2.6 ± 0.9 Con: 2.7 ± 0.9
Solla 2019 ^{e14}	UPDRS III: Trt: 13.0 ± 7.23 UPDRS III: Con: 14.7 ± 7.02	Trt: 2.1 ± 0.6 Con: 2.3 ± 0.4
Son 2018 ^{e15}	NA	Con: 2 ± 00 Trt: 2 ± 0.35
Teixeira-Machado 2015 ^{e16}	UPDRS III: Trt: 17.4 ± 8.4 UPDRS III: Con: 17.1 ± 4.6	Total: 2–3
Tollár 2018 ^{e17}	MDS-UPDRS II: Trt: 19.3 ± 5.5 MDS-UPDRS II: Con: 18.9 ± 7.9	Total: 2–3
Tollár 2019 ^{e18}	MDS-UPDRS II: Trt1: 18.2 ± 3.9 MDS-UPDRS II: Trt2: 18.9 ± 3.1 MDS-UPDRS II: Con: 19 ± 4.7	Trt1: 2.3 ± 0.5 Trt2: 2.4 ± 0.5 Con: 2.4 ± 0.5
Wu 2021 ^{e19}	UPDRS III: Trt1: 7.6 ± 4.09 UPDRS III: Con: 10.1 ± 5.36	Trt: 1.4 ± 0.5 Con: 1.7 ± 0.5

Abbreviations. Con=control; Trt=treatment; NA: not applicable; MDS=Movement Disorder Society; UPDRS=Unified Parkinson's Disease Rating Scale.

E-References

- e1.** Altmann LJ, Stegemöller E, Hazamy AA, Wilson JP, Bowers D, Okun MS, Hass CJ. Aerobic exercise improves mood, cognition, and language function in Parkinson's disease: results of a controlled study. *J Int Neuropsychol Soc.* 2016;22(9):878-889.
- e2.** Cheung C, Bhimani R, Wyman JF, et al. Effects of yoga on oxidative stress, motor function, and non-motor symptoms in Parkinson's disease: a pilot randomized controlled trial. *Pilot Feasibility Stud.* 2018;4:162.
- e3.** Cugusi L, Solla P, Serpe R, et al. Effects of a Nordic Walking program on motor and non-motor symptoms, functional performance and body composition in patients with Parkinson's disease. *NeuroRehabilitation.* 2015;37(2):245-254.
- e4.** Hashimoto H, Takabatake S, Miyaguchi H, Nakanishi H, Naitou Y. Effects of dance on motor functions, cognitive functions, and mental symptoms of Parkinson's disease: a quasi-randomized pilot trial. *Complement Ther Med.* 2015;23(2):210-219.
- e5.** Hortobágyi T, Sipos D, Borbély G, et al. Detraining slows and maintenance training over 6 years halts parkinsonian symptoms-progression. *Front Neurol.* 2021;12:737726.
- e6.** van der Kolk NM, de Vries NM, Kessels RPC, Joosten H, Zwinderman AH, Post B, Bloem BR. Effectiveness of home-based and remotely supervised aerobic exercise in Parkinson's disease: a double-blind, randomised controlled trial. *Lancet Neurol.* 2019;18(11):998-1008.
- e7.** Lee NY, Lee DK, Song HS, et al. Effect of virtual reality dance exercise on the balance, activities of daily living, and depressive disorder status of Parkinson's disease patients. *J Phys Ther Sci.* 2015;27(1):145-147.
- e8.** Lee HJ, Kim SY, Chae Y, et al. Turo (Qi dance) program for Parkinson's disease patients: randomized, assessor blind, waiting-list control, partial crossover study. *Explore (NY).* 2018;14(3):216-223.
- e9.** de Lima TA, Ferreira-Moraes R, Alves W, et al. Resistance training reduces depressive symptoms in elderly people with Parkinson disease: a controlled randomized study. *Scand J Med Sci Sports.* 2019;29(12):1957-1967.
- e10.** Michels K, Dubaz O, Hornthal E, Bega D. "Dance Therapy" as a psychotherapeutic movement intervention in Parkinson's disease. *Complement Ther Med.* 2018;40:248-252.
- e11.** Rios Romenets S, Anang J, Fereshtehnejad SM, Pelletier A, Postuma R. Tango for treatment of motor and non-motor manifestations in Parkinson's disease: a randomized control study. *Complement Ther Med.* 2015;23(2):175-184.
- e12.** Sacheli MA, Neva JL, Lakhani B, et al. Exercise increases caudate dopamine release and ventral striatal activation in Parkinson's disease. *Mov Disord.* 2019;34(12):1891-1900.

- e13.** Chivers Seymour K, Pickering R, Rochester L, et al. Multicentre, randomised controlled trial of PDSAFE, a physiotherapist-delivered fall prevention programme for people with Parkinson's. *J Neurol Neurosurg Psychiatry*. 2019;90(7):774-782.
- e14.** Solla P, Cugusi L, Bertoli M, et al. Sardinian folk dance for individuals with Parkinson's disease: a randomized controlled pilot trial. *J Altern Complement Med*. 2019;25(3):305-316.
- e15.** Son HG, Choi EO. The effects of mindfulness meditation-based complex exercise program on motor and non-motor symptoms, and quality of life in patients with Parkinson's disease. *Asian Nurs Res*. 2018;12(2):145-153.
- e16.** Teixeira-Machado L, Araújo FM, Cunha FA, Menezes M, Menezes T, Melo DeSantana J. Feldenkrais method-based exercise improves quality of life in individuals with Parkinson's disease: a controlled, randomized clinical trial. *Altern Ther Health Med*. 2015;21(1):8-14.
- e17.** Tollár J, Nagy F, Kovács N, Hortobágyi T. A high-intensity multicomponent agility intervention improves Parkinson patients' clinical and motor symptoms. *Arch Phys Med Rehabil*. 2018;99(12):2478-2484.
- e18.** Tollár J, Nagy F, Hortobágyi T. Vastly different exercise programs similarly improve parkinsonian symptoms: a randomized clinical trial. *Gerontology*. 2019;65(2):120-127.
- e19.** Wu PL, Lee M, Wu SL, Ho HH, Chang MH, Lin HS, Huang TT. Effects of home-based exercise on motor, non-motor symptoms and health-related quality of life in Parkinson's disease patients: a randomized controlled trial. *Jpn J Nurs Sci*. 2021;18(3):e12418.