

SUPPLEMENTARY DIGITAL MATERIAL 1

Supplementary Table I—Characteristics of the studies included on fatigue.

Authors	Title	Total N° included studies (N° participants)	Population	Setting	Intervention	Control	Outcome	Outcome Measurements	N° studies (N° participants)	Effect	GRADE
Lee 2017	PEP therapy versus other ACTs for bronchiectasis	9 (213)	Patients with a diagnosis of bronchiectasis of any origin, with the exception of CF	Hospital inpatient and outpatient department, home-based therapy	Oscillatory PEP therapy (flutter)	ACBT with GAD	Fatigue	CRQ Fatigue score End of 4 weeks intervention	1 (17)	No effect	LOW
Lee 2017	Positive expiratory pressure therapy versus other airway clearance techniques	9 (213)	Patients with a diagnosis of bronchiectasis of any origin,	Hospital inpatient and outpatient department, home-	Oscillatory PEP therapy	ACBT with GAD	Fatigue	Borg dyspnoea score End of single session	1 (36)	No effect	NR

	for brochiectasis		with the excepti on of CF	based therap y							
Lee 2017	Positive expiratory pressure therapy versus other airway clearance techniques for brochiecta sis	9 (213)	Patient s with a diagno sis of bronchi ectasis of any origin, with the excepti on of CF	Hospit al inpatie nt and outpati ent depart ment, home- based therap y	Oscillat ory PEP therapy	ACBT	Fatigue	Borg dyspnoea score End of single session	1 (36)	Favor compar ator	NR
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Wome n with breast cancer after adjuva nt therapy	Home- based, facility -based, and combi ned home and facility -based	Physical activity	Control	Fatigue	FACT-F (0-52 points) End interventi on	26 (2020)	Favor interve ntion	MODER ATE
Lahart 2018	Physical activity for women with breast cancer after	63 (5761)	Wome n with breast cancer after adjuva	Home- based, facility -based, and combi	Physical activity	Control	Fatigue	FACT-F (0-52 points) Follow-up values:	7 (536)	Favor interve ntion	NR

	adjuvant therapy		nt therapy	ned home and facility-based				median 12 weeks			
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Wome n with breast cancer after adjuva nt therapy	Home-based, facility-based, and combi ned home and facility-based	Physical activity	Control	Fatigue	FACT-F	13 (1289)	No effect	LOW
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Wome n with breast cancer after adjuva nt therapy	Home-based, facility-based, and combi ned home and facility-based	Physical activity	Control	Fatigue	FACT-F	4 (178)	Favor interve ntion	NR
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Wome n with breast cancer after adjuva nt therapy	Home-based, facility-based, and combi ned home	Educati onal interven tions (deliver ed by nurse or OT)	Control (usual care or attentio n control)			12 (1711)	Favor interve ntion	LOW

				and facility-based							
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Educational interventions (delivered by nurse or OT)	Control (usual care or attention control)			8 (1524)	Favor intervention	MODERATE
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Educational interventions (delivered by nurse or OT)	Control (usual care or attention control)			3 (622)	Favor intervention	LOW
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and	Educational interventions (delivered by nurse or OT)	Control (usual care or attention control)			4 (439)	Favor intervention	MODERATE

				facility-based							
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Home-based multidimensional survivorship programmes	Control			3 (127)	Favor intervention	LOW
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Exercise intervention	Control			3 (449)	Favor intervention	MODERATE
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home	Physical exercise	No physical exercise			9 (826)	Favor intervention	MODERATE

				and facility-based							
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Physical activity (aerobic or resistance training, flexibility- or balance training or a combination of these)	Usual care			6 (230)	Favor intervention	LOW
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Physical activity (aerobic or resistance training, flexibility- or balance training or a combination of these)	Usual care			3 (113)	No effect	MODERATE

Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Physical activity (aerobic or resistance training, flexibility- or balance training or a combination of these)	Usual care			7 (277)	Favor intervention	LOW
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Physical activity (aerobic or resistance training, flexibility- or balance training or a combination of these)	Usual care			3 (91)	No effect	LOW
Lahart 2018	Physical activity for women with breast cancer after	63 (5761)	Women with breast cancer after adjuva	Home-based, facility-based, and combi	Exercise group	Control group			3 (68)	No effect	NR

	adjuvant therapy		nt therapy	ned home and facility-based							
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Exercise training	Control			3 (90)	No effect	NR
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Exercise (aerobic or resistance exercise or a combination of both)	Control (usual care or no exercise)			19 (1698)	Favor intervention	MODERATE
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and	Exercise (aerobic or resistance exercise or a combina	Control (usual care or no exercise)			8 (814)	Favor intervention	NR

				facility-based	tion of both)						
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Exercise plus usual care	Usual care			1 (20)	No effect	VERY LOW
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Multimodal intervention (exercise plus other interventions) plus usual care vs usual care	Usual care			1 (44)	No effect	VERY LOW

Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Yoga	No therapy			11 (883)	Favor intervention	MODERATE
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Yoga	No therapy			2 (146)	No effect	LOW
Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Yoga	Psychosocial/educational interventions			2 (106)	Favor intervention	MODERATE

Lahart 2018	Physical activity for women with breast cancer after adjuvant therapy	63 (5761)	Women with breast cancer after adjuvant therapy	Home-based, facility-based, and combined home and facility-based	Yoga	Exercise			3 (233)	No effect	VERY LOW
Bennett 2016	Educational interventions for the management of cancer-related fatigue in adults	14 (2213)	Patients with cancer-related fatigue (adults)	Outpatients and community	Educational interventions (delivered by nurse or OT)	Control (usual care or attention control)	Fatigue	General fatigue	12 (1711)	Favor intervention	LOW
Bennett 2016	Educational interventions for the management of cancer-related fatigue in adults	14 (2213)	Patients with cancer-related fatigue (adults)	Outpatients and community	Educational interventions (delivered by nurse or OT)	Control (usual care or attention control)	Fatigue	Fatigue intensity	8 (1524)	Favor intervention	MODERATE

Bennett 2016	Education al interventions for the management of cancer-related fatigue in adults	14 (2213)	Patients with cancer-related fatigue (adults)	Outpatients and community	Educational interventions (delivered by nurse or OT)	Control (usual care or attention control)	Fatigue	Fatigue distress	3 (622)	Favor intervention	LOW
Bennett 2016	Education al interventions for the management of cancer-related fatigue in adults	14 (2213)	Patients with cancer-related fatigue (adults)	Outpatients and community	Educational interventions (delivered by nurse or OT)	Control (usual care or attention control)	Fatigue	Fatigue interference	4 (439)	Favor intervention	MODERATE
Cheng 2017	Home-based multidimensional survivorship programmes for breast cancer survivors	26 (2272)	Breast cancer survivors	Home-based	Home-based multidimensional survivorship programmes	Control (usual care or different type of intervention, as stress management or exercise, or attention control)	Fatigue	Brief Fatigue Inventory	3 (127)	Favor intervention	LOW

Loughney 2018	Exercise interventions for people undergoing multimodal cancer treatment that includes surgery	11 (1067)	People with cancer undergoing multimodal treatment including surgery	Hospital/community	Exercise intervention	Usual care	Fatigue	Multidimensional fatigue inventory (Follow-up: range 18 weeks to 24 weeks)	3 (449)	Favor intervention	MODERATE
Knips 2019	Aerobic physical exercise for adult patients with haematological malignancies	18 (1892)	Adults with haematological malignancies	Inpatient or outpatients	Physical exercise	No physical exercise	Fatigue		9 (826)	Favor intervention	MODERATE
McGettigan 2020	Physical activity for disease-related physical and mental health during and following treatment in people with non-advanced	16 (992)	Adults with non-advanced colorectal cancer treated surgically or with neoadjuvant	All but one study undertaken in high-income countries. Included home-based self-	Aerobic or resistance training, flexibility or balance training or a combination of these, lasting	Control intervention (usual care or no physical activity intervention)	Cancer-related fatigue	FACIT-F and FACT-F (Follow-up: up to 12 weeks)	6 (230)	Favor intervention	LOW

	colorectal cancer		or adjuvant therapy, or both	directed and supervised physical activity programmes	at least 4 weeks						
McGettigan 2020	Physical activity for disease-related physical and mental health during and following treatment in people with non-advanced colorectal cancer	16 (992)	Adults with non-advanced colorectal cancer treated surgically or with neoadjuvant or adjuvant therapy, or both	All but one study undertaken in high-income countries. Included home-based self-directed and supervised physical activity programmes	Aerobic or resistance training, flexibility or balance training or a combination of these, lasting at least 4 weeks	Control intervention (usual care or no physical activity intervention)	Cancer-related fatigue	FACIT-F and FACT-F (Follow-up: change from baseline up to 12 weeks)	3 (113)	No effect	MODERATE

McGettig an 2020	Physical activity for disease-related physical and mental health during and following treatment in people with non-advanced colorectal cancer	16 (992)	Adults with no-advanced colorectal cancer treated surgically or with neoadjuvant or adjuvant therapy, or both	All but one study undertaken in high-income countries. Included home-based self-directed and supervised physical activity programmes	Aerobic or resistance training, flexibility or balance training or a combination of these, lasting at least 4 weeks	Control intervention (usual care or no physical activity intervention)	Cancer-related fatigue	FACIT-F and FACT-F (Follow-up: more than 12 weeks to 6 months)	7 (277)	Favor intervention	LOW
McGettig an 2020	Physical activity for disease-related physical and mental health during and following treatment in people with non-	16 (992)	Adults with no-advanced colorectal cancer treated surgically or with	All but one study undertaken in high-income countries. Included home-	Aerobic or resistance training, flexibility or balance training or a combination of	Control intervention (usual care or no physical activity intervention)	Cancer-related fatigue	FACIT-F and FACT-F (Follow-up: more than 6 months to 12 months)	3 (91)	No effect	LOW

	advanced colorectal cancer		neoadjuvant or adjuvant therapy, or both	based self-directed and supervised physical activity programmes	these, lasting at least 4 weeks						
Cavalheri 2019	Exercise training undertaken by people within 12 months of lung resection for non-small cell lung cancer	3 (68)	People with non-small cell lung cancer	NR	Exercise group	Control group	Fatigue	The Functional Assessment of Chronic Illness Therapy – Fatigue Subscale (FACIT-fatigue) and EORTC QLQ-C30	3 (68)	No effect	NR
Peddle-McIntyre 2019	Exercise training for advanced lung cancer	6 (221)	Adults with advanced lung cancer	NR	Exercise training (interventions ranged in length from six to	No exercise training	Fatigue	Functional Assessment of Chronic Illness Therapy – Fatigue Subscale, EORTC Fatigue,	3 (90)	No effect	NR

					twelve weeks)			CRDQ Fatigue, Multidimensional Fatigue Inventory, Brief Fatigue Inventory, Functional Assessment of Cancer Therapy – Fatigue scale			
Furmaniak 2016	Exercise for women receiving adjuvant therapy for breast cancer	32 (2626)	Women receiving adjuvant therapy (chemo- or radiotherapy or	Supervised or home based	Aerobic or resistance exercise or a combination of both	Control intervention (usual care or intervention that was not exercise, such as	Fatigue	FACIT-F scale, the revised Piper Fatigue Scale, Multidimensional Fatigue Inventory, the Schwartz	19 (1698)	Favor intervention	MODERATE

			both) for breast cancer			stretching)		Cancer Fatigue Scale, and the Fatigue Assessment Questionnaire and the Fatigue Quality List			
Furmaniak 2016	Exercise for women receiving adjuvant therapy for breast cancer	32 (2626)	Women receiving adjuvant therapy (chemo- or radiotherapy or both) for breast cancer	Supervised or home based	Aerobic or resistance exercise or a combination of both	Control intervention (usual care or intervention that was not exercise, such as stretching)	Fatigue	FACIT-F scale, the revised Piper Fatigue Scale, Multidimensional Fatigue Inventory, the Schwartz Cancer Fatigue Scale, and the Fatigue Assessment Questionnaire and the Fatigue	8 (814)	Favor intervention	NR

								Quality List			
Grande 2021	Exercise for cancer cachexia in adults	4 (178)	People with cancer cachexia in adults	Cancer centres	Exercise plus usual care	Usual care	Fatigue	MFI Questionnaire (Follow-up: 8 weeks)	1 (20)	No effect	VERY LOW
Grande 2021	Exercise for cancer cachexia in adults	4 (178)	People with cancer cachexia in adults	Cancer centres	Exercise plus usual care	Usual care	Fatigue	Fatigue Severity scale (Follow-up: 6 weeks)	1 (44)	No effect	VERY LOW
Cramer 2017	Yoga for improving health-related quality of life, mental health and cancer-related symptoms in women diagnosed	24 (2166)	Women with diagnosed breast cancer	Inpatient and outpatient facilities	Yoga	No therapy	Fatigue (short-term)	Self-assessed questionnaires	11 (883)	Favor intervention	MODERATE

	with breast cancer										
Cramer 2017	Yoga for improving health-related quality of life , mental health and cancer-related symptoms in women diagnosed with breast cancer	24 (2166)	Women with diagnosed breast cancer	Inpatient and outpatient facilities	Yoga	No therapy	Fatigue (medium-term)	Self-assessed questionnaires	2 (146)	No effect	LOW
Cramer 2017	Yoga for improving health-related quality of life , mental health and cancer-related symptoms in women diagnosed	24 (2166)	Women with diagnosed breast cancer	Inpatient and outpatient facilities	Yoga	Psychosocial/educational interventions	Fatigue (short-term)	Self-assessed questionnaires	2 (106)	Favor intervention	MODERATE

	with breast cancer										
Cramer 2017	Yoga for improving health-related quality of life, mental health and cancer-related symptoms in women diagnosed with breast cancer	24 (2166)	Women with diagnosed breast cancer	Inpatient and outpatient facilities	Yoga	Exercise	Fatigue	Self-assessed questionnaires	3 (233)	No effect	VERY LOW
Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient, primary care	Exercise therapy	Control	Fatigue	Chalder Fatigue Scale (0-11; 0-33, or 0-42 points) (end of treatment)	7 (840)	Favor intervention	MODERATE

Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient, primary care	Exercise therapy	Control	Fatigue (Follow-up: 52-70 weeks)	Chalder Fatigue Scale (0-112, or 0-33 points)	4 (670)	Favor intervention	VERY LOW
Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient, primary care	Exercise therapy	Cognitive-behavior therapy (CBT)	Fatigue	Chalder Fatigue Scale (0-33 points) (end of treatment)	1 (298)	No effect	LOW
Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient, primary care	Exercise therapy	Cognitive-behavior therapy (CBT)	Fatigue	Chalder Fatigue Scales (0-33 points) or Fatigue Severity Scale (1-7 points) Follow-up: 52 weeks	2 (351)	No effect	MODERATE

Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient, primary care	Exercise therapy	Adaptive pacing therapy	Fatigue	Chalder Fatigue Scales (0-33 points) (end of treatment)	1 (305)	Favor intervention	LOW
Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient, primary care	Exercise therapy	Adaptive pacing therapy	Fatigue	Chalder Fatigue Scale (0-33 points) (end of treatment)	1 (307)	Favor intervention	LOW
Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient	Exercise therapy	Antidepressant (fluoxetine)	Fatigue	Chalder Fatigue Scale (0-42 points) (end of treatment)	1 (48)	No effect	VERY LOW

Larun 2019	Exercise therapy for chronic fatigue syndrome	8 (1518)	Men and women aged over 18 years with chronic fatigue syndrome	Outpatient	Exercise therapy and antidepressant (fluoxetine)	Antidepressant (fluoxetine)	Fatigue	Chalder Fatigue Scale (0-42 points) (end of treatment)	1 (43)	No effect	VERY LOW
Natale 2019	Interventions for improving sleep quality in people with CKD	67 (3427)	People with CKD	Any clinical setting	Exercise	Control	Fatigue	PIPER Fatigue Scale (PFS) and Visual Analogue Scale (VAS) (Follow-up: median 13.2 weeks)	2 (107)	Favor intervention	MODERATE
Natale 2019	Interventions for improving sleep quality in people with CKD	67 (3427)	People with CKD	Any clinical setting	Acupuncture	No treatment	Fatigue	PIPER Fatigue Scale (PFS) (Follow-up: median 4 weeks)	2 (137)	Favor intervention	MODERATE

Natale 2019	Interventions for improving sleep quality in people with CKD	67 (3427)	People with CKD	Any clinical setting	Acupuncture	Sham acupuncture	Fatigue	NR (Follow-up: median 4 weeks)	1 (67)	No effect	NR
Natale 2019	Interventions for improving sleep quality in people with CKD	67 (3427)	People with CKD	Any clinical setting	Ehealth educational	Control	Fatigue	NR	1 (90)	No effect	NR
Stevenso n 2017	eHealth interventions for people with CKD	43 (6617)	People with CKD	Dialysis units	Video education program	Oral education program	Quality of life	SF-36 (end intervention)	1 (90)	No effect	NR
Cox 2021	Telerehabilitation for chronic respiratory disease	15 (1904)	Patients with chronic respiratory disease	Rehabilitation centres, hospital outpatient departments, home	Telerehabilitation	Centre-based (outpatient) pulmonary rehabilitation	Quality of life	CRQ fatigue domain (end intervention)	2 (364)	No effect	NR

Cox 2021	Telerehabilitation for chronic respiratory disease	15 (1904)	Patients with chronic respiratory disease	Rehabilitation centres, hospital outpatient departments, home	Telerehabilitation	Centre-based (outpatient) pulmonary rehabilitation	Quality of life	CRQ fatigue score (from baseline to end follow-up)	2 (364)	No effect	NR
Cox 2021	Telerehabilitation for chronic respiratory disease	15 (1904)	Patients with chronic respiratory disease	Rehabilitation centres, hospital outpatient departments, home	Telerehabilitation	No rehabilitation control	Quality of life	CRQ Emotion domain (end intervention)	2 (94)	Favor intervention	NR
Radtke 2017	Physical exercise training for cystic fibrosis	15 (487)	Adults and children with cystic fibrosis	Outpatients	Combined aerobic and anaerobic training	No physical training	Fatigue at rest	Borg fatigue score	1 (41)	No effect	NR

Radtke 2017	Physical exercise training for cystic fibrosis	15 (487)	Adults and children with cystic fibrosis	Outpatients	Combined aerobic and anaerobic training	No physical training	Fatigue during 6MWT	Borg fatigue score	1 (41)	No effect	NR
Radtke 2017	Physical exercise training for cystic fibrosis	15 (487)	Adults and children with cystic fibrosis	Outpatients	NIV during chest physiotherapy (any technique)	No NIV during chest physiotherapy (any technique)	NR	NR	1 (37)	No effect	NR
Moran 2017	Non-invasive ventilation for cystic fibrosis	10 (191)	People with acute or chronic respiratory failure in cystic fibrosis	Inpatients	NIV	Chest physiotherapy	Fatigue	Schwartz Fatigue Scale (at hospital discharge)	1 (37)	No effect	NR
Voet 2019	Strength training and aerobic exercise training for muscle disease	14 (428)	People with fascioscapulo humeral muscular	At home and in rehabilitation centres	Aerobic exercise	No training	Experienced fatigue	Checklist Individual Strength Scale from 7 to 56 (Follow-up: mean 16 weeks)	1 (52)	Favor intervention	LOW

			dstrophy								
Voet 2019	Strength training and aerobic exercise training for muscle disease	14 (428)	People with fascioscapulo humeral muscular dystrophy	Rehabilitation unit	Aerobic exercise and strength training	No training	Experienced fatigue	FSS (Follow-up: mean 24 weeks)	1 (16)	Favor intervention	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Control (no treatment or continued usual care)	Fatigue	FIQ Fatigue, VAS and SF-36 vitality	11(493)	Favor intervention	MODERATE

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Control (no treatment or continued usual care)	Fatigue	VAS, SF-36 and Fatigue Severity Scale	2 (112)	No effect	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Control (no treatment or continued usual care)	Fatigue	FIQ Fatigue and VAS	1 (67)	Favor intervention	VERY LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Self-help programme	Fatigue	Fatigue (0-100)	2 (152)	No effect	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Cognitive-behavioural therapy	Fatigue	Fatigue (0-100)	1 (40)	No effect	VERY LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Biofeedback	Fatigue	Fatigue (0-100)	1 (82)	No effect	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Medications	Fatigue	Fatigue (0-100)	1 (75)	No effect	VERY LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Mixed exercise training	Aerobic exercise	Fatigue	Fatigue (0-100)	1 (43)	No effect	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Aerobic exercise and flexibility exercise	Aerobic exercise with flexibility exercise and resistance exercise	Fatigue	Fatigue (0-100)	1 (70)	No effect	VERY LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Callisthenics + aerobic exercise + flexibility exercise	Flexibility exercise + resistance exercise + posture exercise	Fatigue	Fatigue (0-100)	1 (27)	No effect	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Flexibility exercise training	Aerobic exercise training	NR	NR	2 (75)	No effect	VERY LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Flexibility exercise training	Resistance training	NR	NR	2 (122)	No effect	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Flexibility exercise training	Tai chi	NR	NR	1 (81)	No effect	VERY LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Flexibility exercise training	Acquatics	NR	NR	1 (39)	Favor comparator	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Whole body vibration plus mixed exercise	Control	NR	NR	1 (21)	Favor intervention	VERY LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Whole body vibration plus mixed exercise	Other therapies	NR	NR	2 (49)	No effect	VERY LOW
Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Aerobic training	Control	NR	NR	3 (246)	No effect	LOW

Bidonde 2019	Mixed exercise training for adults with fibromyalgia	29 (2088)	Individuals with fibromyalgia	Supervised group exercise with or without additional unsupervised home-based exercise	Aerobic training	Control	NR	NR	2 (100)	No effect	VERY LOW
Kim 2019	Flexibility exercise training for adults with fibromyalgia	12 (743)	Adults with fibromyalgia	Group and home program	Flexibility exercise training	Aerobic training	Fatigue	FIQ and SF-36 converted (Follow-up: range 8 weeks to 20 weeks)	2 (75)	No effect	VERY LOW
Kim 2019	Flexibility exercise training for adults with fibromyalgia	12 (743)	Adults with fibromyalgia	Group and home program	Flexibility exercise training	Resistance training	Fatigue	SF-36 and FIQ (end intervention)	2 (122)	No effect	VERY LOW

Kim 2019	Flexibility exercise training for adults with fibromyalgia	12 (743)	Adults with fibromyalgia	Group and home program	Flexibility exercise training	Tai chi	Fatigue	FIQ (end intervention)	1 (81)	No effect	VERY LOW
Kim 2019	Flexibility exercise training for adults with fibromyalgia	12 (743)	Adults with fibromyalgia	Group and home program	Flexibility exercise training	Acquatics	Fatigue	FIQ (end intervention)	1 (39)	Favor comparator	VERY LOW
Bidonde 2017a	Whole body vibration exercise training for fibromyalgia	4 (150)	Individuals with fibromyalgia	Unspecified	Whole body vibration plus mixed exercise	Control	Fatigue	FIQ	1 (21)	Favor intervention	VERY LOW
Bidonde 2017a	Whole body vibration exercise training for fibromyalgia	4 (150)	Individuals with fibromyalgia	Unspecified	Whole body vibration plus mixed exercise	Other therapies	Fatigue	FIQ	2 (49)	No effect	VERY LOW

Bidonde 2017b	Aerobic exercise training for adults with fibromyalgia	13 (839)	Individuals with fibromyalgia	Group and supervised	Aerobic exercise training	Control (treatment as usual, wait list control, continuation of daily activities including physical activity)	Fatigue	Visual Analogue Scale Follow-up: 14-24 weeks	3 (246)	No effect	LOW
Bidonde 2017b	Aerobic exercise training for adults with fibromyalgia	13 (839)	Individuals with fibromyalgia	Group and supervised	Aerobic exercise training	Control (treatment as usual, wait list control, continuation of daily activities including physical activity)	Fatigue	SF-36 Vitality Scale and Visual Analogue Scale (VAS) Follow-up: from 12 weeks after end intervention	2 (100)	No effect	VERY LOW

Farrell 2020	Interventions for fatigue in IBD	14 (3741)	Participants with quiescent IBD	Outpatients from a single centre in the United Kingdom	Physical activity advice plus omega 3	No physical activity advice plus omega 3	Fatigue	FACIT-F (Follow-up: 12 weeks)	1 (25)	No effect	VERY LOW
Farrell 2020	Interventions for fatigue in IBD	14 (3741)	Participants with quiescent IBD	Outpatients from a single centre in the United Kingdom	Physical activity advice plus placebo	No physical activity advice plus placebo	Fatigue	FACIT-F (Follow-up: 12 weeks)	1 (27)	No effect	VERY LOW
Farrell 2020	Interventions for fatigue in IBD	14 (3741)	Participants with quiescent IBD	Outpatients from a single centre in the United Kingdom	Physical activity advice plus placebo	No physical activity advice plus omega 3	Fatigue	FACIT-F (Follow-up: 12 weeks)	1 (29)	Favor intervention	VERY LOW
Dowman 2021	Pulmonary rehabilitation for ILD	21 (909)	People with ILD	Outpatient and inpatient setting	Pulmonary rehabilitation	No pulmonary rehabilitation	Fatigue	CRQ Fatigue (end intervention)	5 (321)	Favor intervention	NR

Dowman 2021	Pulmonary rehabilitation for ILD	21 (909)	People with ILD	Outpatient setting	Pulmonary rehabilitation	No pulmonary rehabilitation	Fatigue	CRQ Fatigue (Follow-up: NR)	4 (269)	Favor intervention	NR
Rietberg 2017	Respiratory muscle training for MS	6 (195)	People with multiple sclerosis	Home, outpatient rehabilitation, and outpatient neurology department	Respiratory muscle training	Sham training or no training	Fatigue	Fatigue Severity Scale (0-56 points)	2 (56)	No effect	LOW
Amatya 2018	Non-pharmacological interventions for chronic pain in MS	10 (565)	Chronic musculoskeletal pain in people with MS	Participants were recruited from MS Association of Almeria (Spain)	Ai Chi exercises	Sham	Reduction in fatigue	MFIS	1 (73)	NA	VERY LOW

Amatya 2018	Non-pharmacological interventions for chronic pain in MS	10 (565)	Chronic neuropathic pain in MS	Community neurology clinic	Transcranial Direct Current Stimulation (tDCS)	Sham	Reduction in fatigue	MFIS	1 (16)	NA	VERY LOW
Amatya 2018	Non-pharmacological interventions for chronic pain in MS	10 (565)	Chronic neuropathic pain in MS	Hospital MS clinics	Transcranial Random Noise Stimulation (tRNS)	Sham	Reduction in fatigue	MFIS	1 (16)	NA	VERY LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	PR/exercise training	No intervention	Fatigue	CRQ domain scores (end intervention)	3 (182)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Physical activity counselling	No intervention	Fatigue	CRQ domain and total scores (end intervention)	1 (98)	No effect	LOW

Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Self-management (SPACE)	No intervention	Fatigue	CRQ domain scores (end intervention)	1 (155)	Favor intervention	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Self-management (SPACE)	No intervention	Fatigue	CRQ domain scores (Follow-up: 6 months)	1 (184)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Four-wheeled walker	No intervention	Fatigue	CRQ domain scores (end intervention)	1 (17)	No effect	VERY LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training (COPE-active) with self-management	Self-management	Fatigue	CRQ domain scores (Mid-intervention)	1 (131)	No effect	LOW

Burge 2020	Interventions for promoting physical activity in people with chronic COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training (COPE-active) with self-management	Self-management	Fatigue	CRQ domain scores (end intervention)	1 (139)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training (COPE-active) with self-management	Self-management	Fatigue	CRQ domain scores (Follow-up: 18 months)	1 (131)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training (COPE-active) with self-management	Self-management	Fatigue	CRQ domain scores (Follow-up: 24 months)	1 (125)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training and LAMA/LABA with behavior modification	Placebo with behavior modification	Fatigue	CRQ domain scores (Mid-intervention)	1 (134)	Favor intervention	MODERATE

Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training and LAMA/LABA with behavior modification	Placebo with behavior modification	Fatigue	CRQ domain scores (end intervention)	1 (131)	Favor intervention	MODERATE
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training and LAMA/LABA with behavior modification	LAMA and behavior modification	Fatigue	CRQ domain scores (Mid-intervention)	1 (136)	No effect	MODERATE
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training and LAMA/LABA with behavior modification	LAMA and behavior modification	Fatigue	CRQ domain scores (end intervention)	1 (132)	Favor intervention	MODERATE

Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training and LAMA/LABA with behaviour modification	LAMA/LABA and behaviour modification	Fatigue	CRQ domain scores (Mid-intervention)	1 (140)	No effect	MODERATE
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Exercise training and LAMA/LABA with behaviour modification	LAMA/LABA and behaviour modification	Fatigue	CRQ domain scores (end intervention)	1 (138)	No effect	MODERATE
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Physical activity counselling (app) with pulmonary rehabilitation	Optional supervised exercise	NR	NR	1 (139)	No effect	LOW

Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Physical activity counselling (app) with pulmonary rehabilitation	Optional supervised exercise	NR	NR	1 (132)	Favor intervention	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Physical activity counselling (app) with pulmonary rehabilitation	Optional supervised exercise	NR	NR	1 (121)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Physical activity counselling with pulmonary rehabilitation	Pulmonary rehabilitation	Fatigue	CRQ domain scores (end intervention)	1 (27)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Non-invasive ventilation with pulmonary-rehabilitation	Pulmonary rehabilitation	Fatigue	CRQ domain scores (end intervention)	1 (56)	Favor intervention	LOW

Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Water-based exercise training	Land-based exercise training	Fatigue	CRQ domains (Mid-intervention)	1 (36)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Water-based exercise training	Land-based exercise training	Fatigue	CRQ domains (end intervention)	1 (36)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Home-based pulmonary rehabilitation	Centre-based pulmonary rehabilitation	Fatigue	CRQ domain score	1 (146)	No effect	LOW
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Home-based pulmonary rehabilitation	Centre-based pulmonary rehabilitation	NR	NR	1 (146)	No effect	LOW

Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Inspiratory muscle training and pulmonary rehabilitation	Sham and pulmonary rehabilitation	NR	NR	1 (150)	No effect	MODERATE
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Neuromuscular electrostimulation (NMES)	Usual care	NR	NR	3 (55)	Favor intervention	NR
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Multicomponent intervention (rehabilitation, organization of care, pharmacotherapy)	Usual care	NR	NR	1 (33)	Favor intervention	NR

Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Multicomponent intervention (rehabilitation, organization of care, pharmacotherapy)	Active comparison	NR	NR	1 (38)	Favor intervention	NR
Burge 2020	Interventions for promoting physical activity in people with COPD	76 (8018)	People with a diagnosis of COPD	NR	Supervised maintenance programme (following pulmonary rehabilitation)	Usual care	NR	NR	4 (210)	Favor intervention	VERY LOW
Hill 2018	Neuromuscular electrostimulation for adults with COPD	76 (8018)	People with a diagnosis of COPD	NR	Neuromuscular electrostimulation (NMES)	Usual care	Fatigue	Fatigue Severity Scale	3 (55)	Favor intervention	NR

Dennett 2021	Tailored or adapted interventions for adults with chronic COPD and at least one other long-term condition: a mixed methods review	7 (1197)	People with a diagnosis of COPD	NR	Multicomponent intervention (rehabilitation, organisation of care, pharmacotherapy)	Usual care	Fatigue	CRQ Fatigue (Follow-up: 8 weeks)	1 (33)	Favor intervention	NR
Dennett 2021	Tailored or adapted interventions for adults with COPD and at least one other long-term condition: a mixed methods review	7 (1197)	People with a diagnosis of COPD	NR	Supervised maintenance programme (following pulmonary rehabilitation)	Usual care	Fatigue	CRQ Fatigue (end intervention)	1 (38)	Favor intervention	NR
Malaguti 2021	Supervised maintenance programmes following pulmonary rehabilitation	21 (1799)	People with a diagnosis of COPD	NR	Supervised maintenance programme (following pulmonary	Usual care	Fatigue	CRQ Fatigue (Follow-up: range 6 months to 12 months)	4 (210)	Favor intervention	VERY LOW

	compared to usual care for COPD				ry rehabilitation)						
Hassett 2017	Fitness training for cardiorespiratory conditioning after traumatic brain injury	8 (399)	People with traumatic brain injury of any age or severity	Any setting, including inpatient, outpatient, community and home	Cardiorespiratory exercise programmes usual care, a non-exercise intervention, or no intervention	Usual care, a non-exercise intervention, or no intervention	Fatigue	VAS fatigue scale (0-10 points), the fatigue subscale of the Profile of Moods State and modified version of the Chalder Fatigue Scale. (end of intervention)	3 (130)	No effect	VERY LOW
Hassett 2017	Fitness training for cardiorespiratory conditioning after traumatic	8 (399)	People with traumatic brain injury of any age or severity	Any setting, including inpatient, outpatient, comm	Cardiorespiratory exercise programmes usual care, a non-	Usual care, a non-exercise intervention, or no intervention	Fatigue	Chalder modified fatigue scale	1 (40)	No effect	NR

	brain injury			unity and home	exercise intervention, or no intervention						
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ACBT: airway clearance breathing techniques; CKD: chronic kidney disease; COPD: Chronic obstructive pulmonary disease; PEP therapy: positive expiratory pressure therapy; NMES: neuromuscular electrical stimulation; CRQ: chronic respiratory questionnaire; PFS: PIPER Fatigue Scale; GAD: gravity-assisted drainage; HRQOL: Health-related quality of life; IBD: inflammatory bowel disease; ILD: interstitial lung disease; FACT-F: Functional Assessment of Cancer Therapy – Fatigue; NIV: non-invasive ventilation; SF: short form; VAS: visual analogue scale; MS=multiple sclerosis; MFIS=modified fatigue impact scale; NR=not reported.