

SUPPLEMENTARY DIGITAL MATERIAL 3

Supplementary Table III.—Summary of included studies on post-exertional malaise symptom.

Authors	Title	Total N° included studies (N° participants)	Population	Setting	Intervention	Control	Outcome	Outcome Measurements	N° studies (N° participants)	Effect	GRADE
Gendron 2018	AMBM T as an adjunct to or in comparison with PR for people with COPD	10 (762)	Patients with COPD	Any setting	AMBM T	PR	Dyspnea (end intervention)	Borg scale	1 (139)	No effect	VERY LOW
Hill 2018	NMES for adults with COPD	16 (267)	Patients with COPD	Outpatient or home	NMES + exercise	UC (with or without sham NMES)	Exercise capacity (end intervention)	Endurance time (min)	3 (55)	Favor intervention	VERY LOW
Hill 2018	NMES for adults with COPD	16 (267)	Patients with COPD	Outpatient or home	NMES + exercise	UC (with or without sham NMES)	Dyspnea (end intervention)	Borg scale	3 (55)	No effect	VERY LOW

Hill 2018	NMES for adults with COPD	16 (267)	Patients with COPD	ICU, inpatient, outpatient or home	NMES + exercise	Exercise (with or without sham NMES)	Dyspnea (end intervention)	Borg scale	2 (44)	No effect	VERY LOW
Poot 2021	Integrated disease management interventions for patients with COPD	15 (487)	Patients with COPD	NR	Integrated disease management	Control	Dyspnea	Borg scale	3 (145)	No effect	NR
Radtke 2017	Physical exercise training for CF	15 (487)	Patients with CF	NR	Combined aerobic and anaerobic training	No physical training	Functional exercise capacity (Follow-up: 3 months)	6MWT distance (meters)	1 (41)	No effect	NR
Radtke 2017	Physical exercise training for CF	15 (487)	Patients with CF	NR	Combined aerobic and anaerobic training	No physical training	Functional exercise capacity (Follow-up: 3 months)	6MWT distance (% predicted)	1 (41)	No effect	NR

AMBMT: active mind-body movement therapy; PR: pulmonary rehabilitation; COPD: chronic obstructive pulmonary disease; CF: cystic fibrosis; NMES: neuromuscular electrostimulation; ICU: intensive care unit; UC: usual care; 6MWT: 6-minute walking test; NR: not reported.