

Multimedia Appendix 1

Literature review of papers with key adherence factors in physical rehabilitation.

We reviewed the literature to identify relevant papers, Google Scholar, IEEE Xplore, ACM Digital Library and PubMed were used for data acquisition. The electronic search was performed in February 2022 and updated in August 2023. In the final search strings, the terms shown in Textbox 1 were used.

Search terms
A term
• A1. physical
B term
• B1. Rehabilitation
C term
• C1. Exercise
D term
• D1. Adherence
E term
• E1. Not cancer
• E2. -cancer
Textbox 1. Search terms for the search string

Inclusion Criteria

Only studies with the following criteria were considered eligible for inclusion: reviews related to key adherence factors in physical rehabilitation, articles published in English, and all reviews regardless of the year of publication.

Exclusion Criteria

Articles duplicated, papers regarding opinion pieces, papers that are not related to physical rehabilitation were excluded from the study.

Study selection

The search retrieved a total of 17,841 registers. Duplicate records were removed using the software Mendeley Reference Manager. Studies that met the eligibility criteria by reading the title and abstract were retrieved in full text. Any disagreement was addressed by another reviewer who made the final decision. After that 15 studies were included. The selection process is summarized in the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flow diagram (figure 1). Table 1 shows the number of documents retrieved from each database.

Figure 1. PRISMA flow diagram

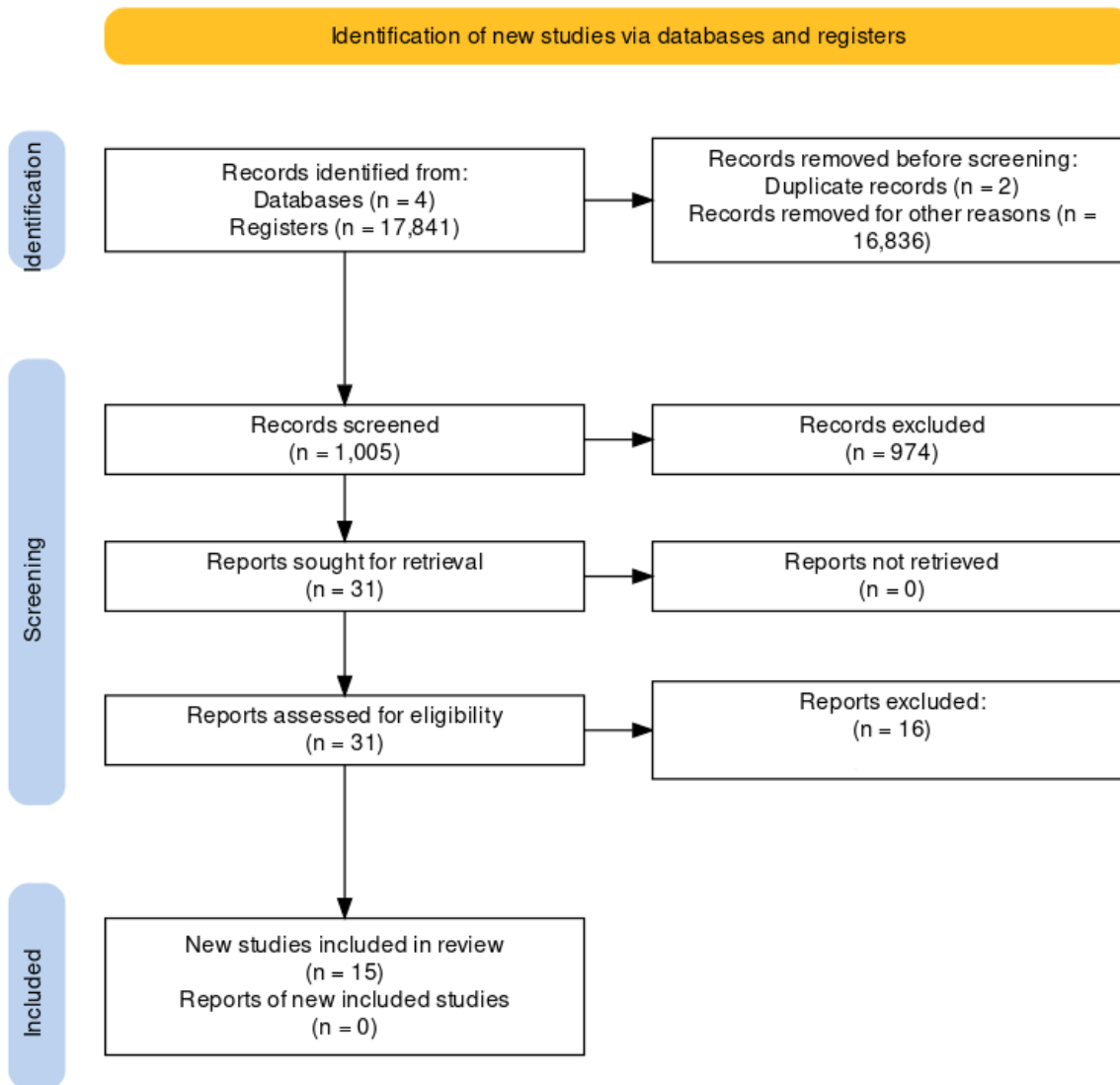


Table 1. Search results

Database	Results, n
Pubmed	709
Google scholar	16600
ACM Digital Library	486
IEEE xplore	46

Bibliographic data from primary studies

The bibliographic data extracted from each study were author name, year, country. Table 2 shows the bibliographic data.

Table 2. Bibliographic data of the primary papers

Study	Year	Country
Essery et al. [38]	2016	United Kingdom
Collado-Mateo et al. [39]	2021	Spain
Farrance et al. [40]	2016	United Kingdom
Rodrigues et al. [41]	2016	Canada
Room et al. [42]	2017	United Kingdom
Jordan et al. [43]	2010	United Kingdom
Picorelli et al. [44]	2014	Australia
Deka et al. [45]	2016	USA
Vseteckova et al. [46]	2018	United Kingdom
Dobson et al. [47]	2016	Australia
Holt et al. [48]	2020	Canada
Walker et al. [49]	2020	Australia
Rodrigues et al. [50]	2018	Portugal
de Lacy-Vawdon et al. [51]	2018	Australia
Nicolson et al. [52]	2017	Australia