

## Supplementary Material 1: Search strategy

### 1. Cochrane Central Register of Controlled Trials

(subjective cognitive decline OR SCD) AND (art therapy OR music\* OR singing OR danc\* OR painting OR drawing OR collage OR clay OR theatre OR drama OR reading OR poetry OR woodwork OR garden\* OR horticultural OR handwriting OR penmanship OR calligraphy OR ceramics OR pottery OR writing OR sculpture OR carving OR narrative OR reminiscence OR printmaking OR sewing OR knitting OR museum OR gallery) AND (randomized controlled trial OR RCT).

### 2. PubMed

("subjective cognitive decline" OR "SCD") AND ("art therapy" OR "music\*" OR "singing" OR "danc\*" OR "painting" OR "drawing" OR "collage" OR "clay" OR "theatre" OR "drama" OR "reading" OR "poetry" OR "woodwork" OR "garden\*" OR "horticultural" OR "handwriting" OR "penmanship" OR "calligraphy" OR "ceramics" OR "pottery" OR "writing" OR "sculpture" OR "carving" OR "narrative" OR "reminiscence" OR "printmaking" OR "sewing" OR "knitting" OR "museum" OR "gallery") AND ("randomized controlled trial" OR "RCT").

### 3. Web of Science

(TS =subjective cognitive decline OR TS =SCD) AND (TS =art therapy OR TS =music\* OR TS =singing OR TS =danc\* OR TS =painting OR TS =drawing OR TS =collage OR TS =clay OR TS =theatre OR TS =drama OR TS =reading OR TS =poetry OR TS =woodwork OR TS =garden\* OR TS =horticultural OR TS =handwriting OR TS =penmanship OR TS =calligraphy OR TS =ceramics OR TS =pottery OR TS =writing OR TS =sculpture OR TS =carving OR TS =narrative OR TS =reminiscence OR TS =printmaking OR TS =sewing OR TS =knitting OR TS =museum OR TS =gallery) AND (TS =randomized controlled trial OR TS =RCT).

### 4. Elsevier

(subjective cognitive decline OR SCD) AND (art therapy OR music\* OR singing OR danc\* OR painting OR drawing OR collage OR clay OR theatre OR drama OR reading OR poetry OR woodwork OR garden\* OR horticultural OR handwriting OR penmanship OR calligraphy OR ceramics OR pottery OR writing OR sculpture OR carving OR narrative OR reminiscence OR printmaking OR sewing OR knitting OR museum OR gallery) AND (randomized controlled trial OR RCT).

### **5. China BioMedical Literature Database**

(“主观认知能力下降” OR “主观认知下降”) AND (“音乐” OR “舞蹈” OR “绘画” OR “拼贴” OR “黏土” OR “戏剧” OR “诗歌” OR “阅读” OR “园艺” OR “书法” OR “陶艺” OR “写作” OR “雕塑” OR “叙事” OR “回忆” OR “缅怀” OR “版画” OR “缝纫” OR “针织” OR “博物馆” OR “画廊”) AND (“随机对照试验”)

### **6. China National Knowledge Infrastructure**

(SU=主观认知能力下降 OR SU=主观认知下降) AND (SU=音乐 OR SU=舞蹈 OR SU=绘画 OR SU=拼贴 OR SU=黏土 OR SU=戏剧 OR SU=诗歌 OR SU=阅读 OR SU=园艺 OR SU=书法 OR SU=陶艺 OR SU=写作 OR SU=雕塑 OR SU=叙事 OR SU=回忆 OR SU=缅怀 OR SU=版画 OR SU=缝纫 OR SU=针织 OR SU=博物馆 OR SU=画廊) AND (SU=随机对照试验)

### **7. VIP Database**

(“主观认知能力下降” OR “主观认知下降”) AND (“音乐” OR “舞蹈” OR “绘画” OR “拼贴” OR “黏土” OR “戏剧” OR “诗歌” OR “阅读” OR “园艺” OR “书法” OR “陶艺” OR “写作” OR “雕塑” OR “叙事” OR “回忆” OR “缅怀” OR “版画” OR “缝纫” OR “针织” OR “博物馆” OR “画廊”) AND (“随机对照试验”)

### **8. Wanfang Database**

(“主观认知能力下降” OR “主观认知下降”) AND (“音乐” OR “舞蹈” OR “绘画” OR “拼贴” OR “黏土” OR “戏剧” OR “诗歌” OR “阅读” OR “园艺” OR “书法”

OR “陶艺 OR “写作” OR “雕塑” OR “叙事” OR “回忆” OR “缅怀”OR “版画” OR  
“缝纫” OR “针织” OR “博物馆” OR “画廊” ) AND (“随机对照试验”)