

Supplementary File 5: Study populations within studies identified in systematic review

Study	Description of participants	Number of Participants	Characteristics of participants who were homeless, does not include any participants who were staff							
			Age (years)	Educational achievement	Number in employment	Ethnicity/ race	Physical/Mental health/ psychological trauma	Biological Sex		
								F	M	Other
Dawes et al, 2019	Adult women with lived experience of homelessness, who had attended running groups for a minimum of 4 weeks.	11	Range: 23-57 Mean (SD): NS	NS	NS	NS	NS	11	0	
Grabbe et al, 2013	Adult women living in shelters or on the street.	8	Range: 20-59 Mean (SD): NS	4/8 high school or less 4/8 some college or technical school	NS	NS	4/8 ≥ 1 mental illnesses; including bipolar disorder, depression, obsessive-compulsive disorder, and borderline personality disorder	8	0	
Grimes & Smirnova, 2020	Adult men who had completed the "earn-a-bike" programme and had experienced homelessness at the time of participating in the programme.	16	Range: 30-65 Mean: 46.0 SD: NS	1/16 less than high school 9/16 high school 4/16 some college 2/16 completed college	2/8 ^b	4/8 African American 4/8 White	NS	0	16	
Helge et al, 2014 & Randers et al, 2012	Homeless adult men recruited from shelters and unemployment offices in Copenhagen.	28	Range: NS Football group: Mean (SD): 36.4 (10.0) Control group: Mean (SD): 42.7 (8.5)	NS	NS	NS	NS	0	28	
Kendzor et al, 2017	Adults living in transitional shelters, a score of ≥ 4 on Rapid Estimate of Adult Literacy in Medicine- Short Form, physically ambulatory and resident at shelter for ≤ 3 months.	32	Range: NS Mean (SD): 48.38 (8.12)	12.63 (2.08) ^a	NS	27/32 African American	NS	8	24	

Knestaut et al, 2010	Adult men and women living in a homeless shelter	11	Range: 18-50	NS	NS	Caucasian (n = 9), Latina (n = 1) African American (n = 1)	NS	8	3	
Magee & Jeanes, 2013	Men who played in United Kingdom Homeless Word Cup squad. All of whom lived in either social services accommodation or hostels and had spent time living rough.	6	Range: 16-29 Mean (SD): NS	NS	0/6	NS	NS	0	6	
Malden et al, 2019	Adults experiencing homelessness (living in hostel accommodation or on the streets) and had attended ≤10 Street Fit Scotland sessions.	10	Range: 21-36 Mean (SD): NS	NS	1/10	NS	NS	5	5	
Norton et al, 2020	Adult women who, at the time of study, were living in a shelter for women without housing.	82	Range: 18-63 Mean (SD): 35.8 (11.4)	NS	NS	41/83 Black 16/83 White 18/83 Hispanic 3/83 Other	NS	82	0	
Parry et al, 2021a	Young people experiencing or at risk of homelessness who attended at least one My Strength Training for life (MST4Life) and consented/ engaged with qualitative data collection; housing service staff with one-to-one experience with MST4Life participants; and, Outdoor Adventure Education (OAE) staff supporting phase 2 of MST4Life programme.	30 PEH 6 housing service staff 5 OAE staff	Range: 16-24 Mean (SD): 20 (2.04)	NS	10/30	18/30 ^c White 8/30 ^c Mixed ethnicities 2/30 ^c Black 2/30 ^c Asian 1/30 ^c other	23/30 ^c mental health condition	15	14	1 ^d
Parry et al, 2021b	Young people experiencing or at risk of homelessness who had participated in phase 1 of My Strength Training for life (MST4Life).	54	Range: 16-24 Mean, SD: 19.43 (2.18)	NS	3/54***	33/54 ^c White 11/54 ^c multiple or mixed ethnic groups 2/54 ^c Asian 2/54 ^c Black 2/54 ^c Other	NS	22	31	1 ^d

Randers et al 2010	Homeless men	15	Range: 19-44 Mean, SD: 29 (2)	NS	NS	NS	NS	0	15	
Randers et al, 2018	Adult women participating in the Women's Homeless World Cup.	15	Range: NS Mean, SD: 30.3 ± 5.0	NS	NS	NS	NS	15	0	
Shors et al, 2014	Adult women (mothers) who were recently homeless and >1 month poverty, trauma and addictive behaviour	15	Range: 18-36 Mean (SD): 25.0 (5.0)	NS	NS	NS	NS	15	0	
Sherry, 2010	Men, >16 years old, who played in Australian 2006 Homeless World Cup team, had experienced homelessness in previous 2 years and/or in a drug or alcohol rehabilitation programme.	8	NS	NS	NS	NS	NS	0	8	
Sherry & Strybosch, 2012	Soccer program participants of the Community Street Soccer Programme; coaches and support workers of the programme.	165 players 11 Coaches 10 (support workers)	Range: 'under 18'-40 Most concentrated cohort 20-24 Mean (SD): NS	NS	NS	NS	66/165 ^c suffering from depression or other mental illness	23 ^c	142 ^c	
Welty Peachey et al, 2013	Participants were players, coaches and administrators from Street Soccer USA Cup (SSUSA) who represented the geographic areas served by SSUSA	11 players 6 staff	Range: 17-54 Mean (SD): NS	NS	NS	4/11 White 4/11 African-American 2/11 Hispanic 1/11 Mixed race	NS	3	8	

NS: not stated, SD: standard deviation, ^a mean(sd) years of education, ^b number in employment/education/training, ^c percentage supplied without accompanying numbers, closest whole number deduced relative to number of participants is reported, ^d identified as transgender