

SUPPLEMENTARY MATERIAL

Data S1: Search strategies for all databases

1. Search Strategy for Pubmed:

- #1 "Single-Blind Method"[Mesh] OR "Double-Blind Method"[Mesh] OR "Randomized Controlled Trials as Topic"[Mesh] OR "Randomized Controlled Trial" [Publication Type] OR "Intention to Treat Analysis"[Mesh] OR "Controlled Clinical Trials as Topic"[Mesh] OR "Clinical Trials as Topic"[Mesh] OR "Clinical Trial" [Publication Type] OR randomized controlled trial[Publication Type]
- #2 "random*" [Text Word] OR allocation[Text Word] OR "random allocation"[Text Word] OR placebo[Text Word] OR single blind[Text Word] OR double blind[Text Word] OR "randomized controlled trial*" [Text Word] OR RCT[Text Word]
- #3 #1 OR #2
- #4 animals NOT humans
- #5 #3 NOT #4
- #7 chronic disease[Mesh] OR "cardiovascular diseases"[Mesh] OR "heart disease"[Mesh] OR stroke[Mesh] OR "non-communicable diseases" OR "non-infectious diseases" OR "non-transmissible diseases" OR "heart"[Title/Abstract] OR stroke[Title/Abstract]
- #8 tai chi[Title/Abstract] OR "taiji*" [Title/Abstract] OR qigong[Title/Abstract] OR liuzijue[Title/Abstract] OR wuqinxi[Title/Abstract] OR yijinjing[Title/Abstract] OR baduanjin[Title/Abstract] OR "traditional exercise"[Title/Abstract] OR traditional chinese medicine[Title/Abstract] OR "chinese traditional exercise" OR " traditional chinese exercise" OR "chinese exercise"
- #9 #6 AND #7 AND #8

2. Search Strategy for EMBASE:

- #1 'randomization'/exp OR 'placebo'/exp OR 'placebo effect'/exp OR 'single blind procedure'/exp OR 'double blind procedure'/exp OR 'randomized controlled trial'/exp OR 'randomized controlled trial (topic)'/exp OR 'controlled clinical trial'/exp OR 'controlled clinical trial (topic)'/exp OR 'clinical trial'/exp OR 'clinical trial (topic)'/exp
- #2 random*:ab,ti OR allocation:ab,ti OR "random allocation":ab,ti OR placebo:ab,ti OR single blind:ab,ti OR double blind:ab,ti OR randomised controlled trial*:ab,ti OR randomized controlled trial*:ab,ti OR RCT:ab,ti OR clinical trial*:ab,ti
- #3 #1 OR #2
- #4 tai chi:ab,ti OR taiji*:ab,ti OR qigong:ab,ti OR liuzijue:ab,ti OR wuqinxi:ab,ti OR yijinjing:ab,ti OR baduanjin:ab,ti OR traditional exercise:ab,ti OR chinese traditional exercise:ab,ti OR traditional chinese exercise:ab,ti OR chinese exercise:ab,ti
- #5 #3 AND #4

3. Search Strategy for Cochrane Library

- #1 "random*" OR allocation OR "random allocation" OR placebo OR single blind OR double blind OR "randomized controlled trial*" OR RCT OR "clinical trial"
- #2 randomized controlled trial:pt OR clinical trial:pt
- #3 tai chi:ti,ab,kw OR taiji*:ti,ab,kw OR qigong:ti,ab,kw OR liuzijue:ti,ab,kw OR wuqinxi:ti,ab,kw OR yijinjing:ti,ab,kw OR baduanjin:ti,ab,kw OR traditional exercise:ti,ab,kw OR chinese traditional exercise:ti,ab,kw OR traditional chinese exercise:ti,ab,kw OR chinese exercise:ti,ab,kw
- #4 #1 AND #2 AND #3

4. Search Strategy for CINAHL (Ebsco)

- S1 MH("Random Assignment" OR "Placebos" OR "Placebo Effect" OR "Single-Blind Studies" OR "Double-Blind Studies" OR "Triple-Blind Studies" OR "Randomized Controlled Trials" OR "comparative studies" OR "Evaluation Research" OR "Prospective Studies" OR "crossover Design" OR "Prospective Studies" OR "Clinical Trials" OR "Clinical Trial Registry")
- S2 TX(random\$ OR allocation OR "random allocation" OR placebo\$ OR single blind OR double blind OR "randomi?ed controlled trial*" OR "controlled clinical trial*" OR "comparative study" OR "evaluation stud*" OR "follow-up stud*" OR "prospective stud*" OR "cross-over stud*" OR control\$ OR prospectiv\$ OR volunteer\$ OR "RCT" OR "clinical trial*")
- S3 PT(randomized controlled trial OR "clinical trial*")
- S4 S1 OR S2 OR S3
- S5 AB(tai chi OR taiji OR qigong OR liuzijue OR wuqinxi OR yijinjing OR baduanjin OR traditional exercise OR chinese traditional exercise OR traditional chinese exercise OR chinese exercise)
- S6 S4 AND S5

5. Search Strategy for web of science

#1 TS=("random*" OR allocation OR "random allocation" OR placebo OR single blind OR single blind method OR double blind OR double blind method OR "randomized controlled trial*" OR "randomised controlled trial*" OR "RCT" OR "clinical trial*")

#2 TS=(tai chi OR taiji OR qigong OR liuzijue OR wuqinxi OR yijinjing OR baduanjin OR traditional exercise OR chinese traditional exercise OR traditional chinese exercise OR chinese exercise)

#3 TS=(chronic disease OR "cardiovascular diseases" OR "heart disease" OR stroke OR "non-communicable diseases" OR "non-infectious diseases" OR "non-transmissible diseases")

#4 #1 AND #2 AND #3

Timespan=All years. Databases=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH.

7. Search Strategy for CNKI

#1 SU=随机 OR SU=随机分配 OR SU=随机对照 OR SU=对照 OR SU=盲法 OR SU=单盲 OR SU=双盲 OR SU=随机对照试验 OR SU=随机对照研究 OR SU=临床试验 OR SU=临床观察 OR SU=临床研究 (精确匹配)

#2 SU=太极拳 OR SU=气功 OR SU=六字诀 OR SU=易筋经 OR SU=五禽戏 OR SU=八段锦 OR SU=传统训练 OR SU=中国传统运动训练 OR SU=中国训练 (精确匹配)

#3 #1 AND #2