The effects of exercise on cardiometabolic outcomes in women with polycystic ovary syndrome not taking the oral contraceptive pill: A systematic review and meta-analysis.

Journal of Diabetes and Metabolic Disorders

Ms Amie Woodward, BSc (Hons), MSc. Doctoral Researcher, Faculty of Health and Wellbeing, Sheffield Hallam University, Sheffield, S10 2BP. Amie.woodward@shu.ac.uk* Dr David Broom, PhD. Reader of Physical Activity and Health, Faculty of Health and Wellbeing, Sheffield Hallam University, Collegiate Crescent, Sheffield, S10 2BP. D.r.broom@shu.ac.uk

Deborah Harrop, BA (Hons), MA, PGCERT. Information Scientist, Nursing and Midwifery, Faculty of Health and Wellbeing, Sheffield Hallam University. D.harrop@shu.ac.uk

Dr Ian Lahart, BA (Hons), MSc, PGCERT, PhD. Senior Lecturer in Sport and Exercise

Physiology. Institute of Human Science, University of Wolverhampton, Wolverhampton,

WV1 1LY. I.lahart@wlv.ac.uk

Dr Anouska Carter, PhD. Senior Sports Science Manager, Faculty of Health and Wellbeing, Sheffield Hallam University, Collegiate Crescent, Sheffield, S10 2BP. A.carter@shu.ac.uk

Dr Caroline Dalton, BSc, PhD. Senior Lecturer, Faculty of Health and Wellbeing, Sheffield

Hallam University, Sheffield, S10 2BP Sheffield Hallam University. C.F.Dalton@shu.ac.uk

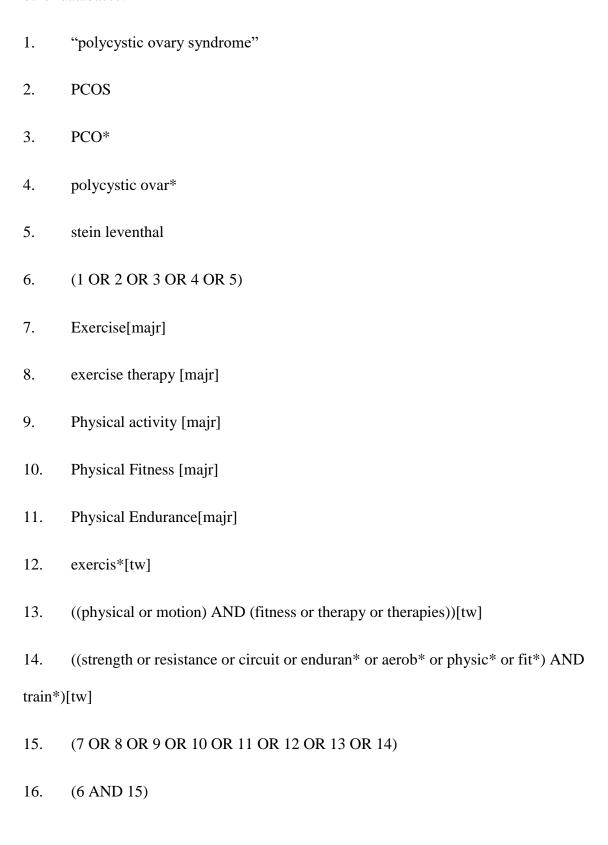
Dr Mostafa Metwally, MD, FRCOG, MBBCh. Consultant Gynaecologist, Jessop Wing, Tree

Root Walk, Sheffield S10 2SF. Mmetwally@nhs.net

Dr Markos Klonizakis, Beng (Hons), MSc, D.Phil. Reader, Faculty of Health and Wellbeing, Sheffield Hallam University, Sheffield, S10 2BP. M.klonzakis@shu.ac.uk

^{*} Corresponding Author

The search was performed using PubMed syntax as demonstrated below, and amended for other databases:



((((((((("polycystic ovary syndrome"[Title/Abstract]) OR PCOS[Title/Abstract]) OR
PCO*[Title/Abstract]) OR polycystic ovar*[Title/Abstract]) OR stein
leventhal[Title/Abstract]))) AND (((((((Exercise[majr]) OR exercise therapy [majr]) OR
Physical activity [majr]) OR Physical Endurance[majr]) OR exercis*[tw]) OR (((physical or
motion) AND (fitness or therapy or therapies))[tw])) OR (((strength or resistance or circuit or
enduran* or aerob* or physic* or fit*) AND train*)[tw]))