

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Chan, A. W. K., Chair, S. Y., Lee, D. T. F., et al.	Tai chi exercise is more effective than brisk walking in reducing cardiovascular disease risk factors among adults with hypertension: A randomised controlled trial	2018	International Journal of Nursing Studies	88	44-52	Included	Duplicate citation (already identified in the review)
Chenchen Wang et al	Effect of tai chi versus aerobic exercise for fibromyalgia: comparative effectiveness randomized controlled trial.	2018	BMJ	2018; 360		Included	Duplicate citation (already identified in the review)
Irwin MR OR, Carrillo C, Sadeghi N, Breen EC, Witarama T, Yokomizo M, Lavretsky H, Carroll JE, Motivala SJ, Bootzin R, Nicassio P.	Cognitive behavioral therapy versus Tai Chi for late life insomnia and inflammatory risk: a randomized controlled comparative efficacy trial.	2014	Sleep 2014;37(9):1543-1552.			Included	Duplicate citation (already identified in the review)
Leung RWM MZ, Peters MJ, Alison JA.	Short-form Sun-style Tai Chi as an exercise training modality in people with COPD.	2013	The European Respiratory Journal 2013 May;41(5):1051-1057. 2013.			Included	Duplicate citation (already identified in the review)
Liu, J., Chen, L., Chen, X.,	Modulatory effects of different exercise modalities on the functional connectivity of the periaqueductal grey and ventral tegmental area in patients with knee osteoarthritis: A randomised multimodal	2019	British Journal of Anaesthesia	123(4)	506-518	Included	Duplicate citation (already identified in the review)
Polkey, M. I., Qiu, Z. H., Zhou, L., et al.	Tai chi and pulmonary rehabilitation compared for treatment-naïve patients with COPD: A randomized controlled trial.	2018	Chest	153(5)	1116-1124	Included	Duplicate citation (already identified in the review)

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Redwine LS, Pung MA, Wilson K, Bangen KJ, Delano-Wood L, Hurwitz B	An exploratory randomized sub-study of light-to-moderate intensity exercise on cognitive function, depression symptoms and inflammation in older adults with heart failure [with consumer summary]	2020	Journal of Psychosomatic Research	128	109883	Included	Duplicate citation (already identified in the review)
Sungkarat S BS, Chattipakorn N, Watcharasakul K, Lord SR.	Effects of Tai Chi on cognition and fall risk in older adults with mild cognitive impairment: a randomized controlled trial.	2017	Journal of the American Geriatrics Society 2017 Apr;65(4):721-727. 2017.			Included	Duplicate citation (already identified in the review)
Taylor-Piliae RE HT, Hepworth JT, Latt LD, Najafi B, Coull BM.	The effect of Tai Chi on physical function, fall rates and quality of life among older stroke survivors.	2014	Archives of Physical Medicine and Rehabilitation 2014 May;95(5):816-824. 2014.			Included	Duplicate citation (already identified in the review)
Zhao Y CP-K, Tong TK.	Effectiveness of a community-based exercise program on balance performance and fear of falling in older nonfallers at risk for falling: a randomized, controlled study.	2016	Journal of Aging and Physical Activity 2016 Oct;24(4):516-524.			Included	Duplicate citation (already identified in the review)
Bravo C SL, Guitard Sein-Echaluce L, Catalan-Matamoros D. October;55(5):646-57. 2019.	Effectiveness of movement and body awareness therapies in patients with fibromyalgia: a systematic review and meta-analysis.	2019	European Journal of Physical and Rehabilitation Medicine 2019 October;55(5):646-57. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Chao, M., Wang, C., Dong, X., & Ding, M.	The effects of tai chi on type 2 diabetes mellitus: A meta-analysis.	2018	Journal of Diabetes Research	Jul 5;2018:7350567.	N/A	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)

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Cheng, C. A., Chiu, Y. W., Wu, D., et al.	Effectiveness of tai chi on fibromyalgia patients: A meta-analysis of randomized controlled trials.	2019	British Journal of Sports Medicine	50(7)	397-407	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
DiPietro, L., Campbell, W. W., Buchner, D. M., et al.	Physical activity, injurious falls, and physical function in aging: An umbrella review.	2019	Medicine & Science in Sports & Exercise,	51(6)	1303-1313	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)
Garcia-Rudolph A S-PD, Salleras EO, Tormos JM.	Subacute stroke physical rehabilitation evidence in activities of daily living outcomes: a systematic review of meta-analyses of randomized controlled trials.	2019	Medicine 2019 Feb;98(8):e14501. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Goh, S. L., Persson, M. S. M., Stocks, J., et al.	Relative efficacy of different exercises for pain, function, performance and quality of life in knee and hip osteoarthritis: Systematic review and network meta-analysis.	2019	Sports Medicine	49	743-761	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Gok Metin, Z., Ejem, D., Dionne-Odom, J. N., et al.	Mind-body interventions for individuals with heart failure: A systematic review of randomized trials.	2018	Journal of Cardiac Failure	24(3)	186-201	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Huang H-W NN, Thomas S.	Impact of Tai Chi exercise on balance disorders: a systematic review.	2019	American Journal of Audiology 2019 Jun;28(2):391-404. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

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Huston, P. & McFarlane, B.	Health benefits of tai chi: What is the evidence?	2016	Canadian Family Physician	62	881-890	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Kim SY BA, Overend TJ, Schachter CL, van der Spuy I, Boden C, Goes SM, Foulds HJA, Bidonde J.	Flexibility exercise training for adults with fibromyalgia (Cochrane review) [with consumer summary].	2019	Cochrane Database of Systematic Reviews 2019; Issue 9. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Klein, P. J., Baumgarden, J., & Schneider, R.	Qigong and tai chi as therapeutic exercise: Survey of systematic reviews and meta-analyses addressing physical health conditions.	2019	Alternative Therapies in Health and Medicine	25(5)	48-53	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Kong, L. J., Lauche, R., Klose, P., Bu, J. H., Yang, X. C., Guo, C. Q., Cheng, Y. W.	Tai Chi for Chronic Pain Conditions: A Systematic Review and Meta-analysis of Randomized Controlled Trials.	2016	Scientific reports	6, Article number: 25325 (2016)		Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Kraus, V. B., Sprow, K., Powell, K. E., et al: Physical Activity Guidelines Advisory Committee.	Effects of physical activity in knee and hip osteoarthritis: a systematic umbrella review.	2018	Medicine and Science in Sports and Exercise	51(6)	1324-1339	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)
Li, Z., Liu, S., Wang, L., & Smith, L., et al.	Mind-body exercise for anxiety and depression in COPD patients: A systematic review and meta-analysis.	2019	International Journal of Research in Public Health,	17(1)	pii: E22.	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

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Lim KH-L PA, Plante M, Demers L.	The effectiveness of Tai Chi for short-term cognitive function improvement in the early stages of dementia in the elderly: a systematic literature review.	2019	Clinical Interventions in Aging 2019 May 8;14:827-839. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Lim, K. H., Pysklywec, A., Plante, M., & Demers, L.	The effectiveness of tai chi for short-term cognitive function improvement in the early stages of dementia in the elderly: A systematic literature review.	2019	Clinical Interventions in Aging	14	827-849	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Liu H-H YN-C, Wu Y-F, Yang Y-R, Wang R-Y, Cheng F-Y.	Effects of Tai Chi exercise on reducing falls and improving balance performance in Parkinson's disease: a meta-analysis.	2019	Parkinson's Disease 2019 Feb 21;(9626934):Epub. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Liu, T., Chan, A. W., Liu, Y. H., & Taylor-Piliae, R. E.	Effects of tai chi-based cardiac rehabilitation on aerobic endurance, psychosocial well-being, and cardiovascular risk reduction among patients with coronary heart disease: A systematic review	2018	European Journal of Cardiovascular Nursing	17(4)	368-383	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Mudano AS TP WG, Singh JA.	Tai Chi for rheumatoid arthritis (Cochrane review) [with consumer summary].	2019	Cochrane Database of Systematic Reviews 2019;Issue 9. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Ng, C. A. C. M., Fairhall, N., Wallbank, G., et al.	Exercise for falls prevention in community-dwelling older adults: Trial and participant characteristics, interventions and bias in clinical trials from a systematic review	2019	British Medical Journal Open: Sports and Exercise Medicine	5(1)	N/A	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Ni X CR, Yates P, Hu W, Huang X, Lou Y.	The effects of Tai Chi on quality of life of cancer survivors: a systematic review and meta-analysis.	2019	Supportive Care in Cancer 2019 Oct;27(10):3701-3716. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Ni, X., Chan, R. J., Yates, P., et al.	The effects of tai chi on quality of life of cancer survivors: A systematic review and meta-analysis	2019	Supportive Care in Cancer	27(10)	3701-3716	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Noone D SJ, Aguirre E, Llanfear K, Spector A.	Meta-analysis of psychosocial interventions for people with dementia and anxiety or depression.	2019	Aging & Mental Health 2019;23:1282-1291. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Northey, J. M., Cherbuin, N., Pumpa, K. L., Smee, D. J., & Rattray, B.	Exercise interventions for cognitive function in adults older than 50: A systematic review with meta-analysis.	2018	British Journal of Sports Medicine	52(3)	154-160	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Pan, Z., Su, X., Fang, Q., et al.	The effects of Tai Chi intervention on healthy elderly by means of neuroimaging and EEG: A systematic review.	2018	Frontiers in Aging Neuroscience	10	110	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Qi M, Moyle W, Jones C, Weeks B	Tai Chi combined with resistance training for adults aged 50 years and older: a systematic review	2020	Journal of Geriatric Physical Therapy	43(1)	32-41	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

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Qin J ZY, Wu L, He Z, Huang J, Tao J, Chen L.	Effect of Tai Chi alone or as additional therapy on low back pain: systematic review and meta-analysis of randomized controlled trials.	2019	Medicine 2019 Sep;98(37):e17099. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Qin, J., Zhang, Y., Wu, L., et al.	Effect of tai chi alone or as additional therapy on low back pain: Systematic review and meta-analysis of randomized controlled trials	2019	Medicine (Baltimore)	98(37)	e17099	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Reychler, G., Poncin, W., Montigny, S., et al.	Efficacy of yoga, tai chi and qi gong on the main symptoms of chronic obstructive pulmonary disease: A systematic review.	2019	Respiratory Medicine and Research	75	13-25	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Ristowski, J.I., & Almeheyawi, A.	The effects of tai chi and qigong in adolescents: A systematic review of trials.	2019	Adolescent Research Review	4	73-91	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)
Segal, R., Zwaal, C., Green, E., et al.	Exercise for people with cancer: a systematic review.	2017	Current Oncology	24(4)	e290-e315	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)
Sherrington C FN, Wallbank G, Tiedemann A, Michaleff ZA, Howard K, Clemson L, Hopewell S, Lamb S. Medicine 2019 Dec 2:Epub ahead of print. 2019.	Exercise for preventing falls in older people living in the community: an abridged Cochrane systematic review [with consumer summary].	2019	British Journal of Sports Medicine 2019 Dec 2:Epub ahead of print. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

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Sherrington C FN, Wallbank GK, Tiedemann A, Michaleff ZA, Howard K, Clemson L, Hopewell S, Lamb SE. 2019;Issue 1. 2019.	Exercise for preventing falls in older people living in the community (Cochrane review) [with consumer summary].	2019	Cochrane Database of Systematic Reviews 2019;Issue 1. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Sherrington, C., Fairhall, N. J., Wallbank G.K., et al.	Exercise for preventing falls in older people living in the community	2019	Cochrane Database of Systematic Reviews	Issue 1. Art. No.: CD012424.	N/A	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Silva V GA, Peccin MS.	Physical activity for lower urinary tract symptoms secondary to benign prostatic obstruction (Cochrane review) [with consumer summary].	2019	Cochrane Database of Systematic Reviews 2019;Issue 4. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Song, R., Grabowska, W., Park, M., et al.	The impact of tai chi and qigong mind-body exercises on motor and non-motor function and quality of life in Parkinson's disease: A systematic review and meta-analysis.	2017	Parkinsonism Related Disorders	41	3-13	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Tang, S. K., Tse, M. M. Y., Leung, S. F., & Fotis, T.	The effectiveness, suitability, and sustainability of non-pharmacological methods of managing pain in community-dwelling older adults: A systematic review.	2019	BMC Public Health	19(1)	1488-1498	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)
Wang M-H YM-L.	Respiratory training interventions improve health status of heart failure patients: a systematic review and network meta-analysis of randomized controlled trials [with consumer summary].	2019	World Journal of Clinical Cases 2019 Sep 26;7(18):2760-2775. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

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Wayne, P.M., Lee, M., Novakowski, J., et al.	Tai chi and qigong for cancer-related symptoms and quality of life: A systematic review and meta-analysis.	2018	Journal of Cancer Survivorship	12(2)	256-267	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Winser, S.J., Tsang, W.W., Krishnamurthy, K., & Kannan, P.	Does tai chi improve balance and reduce falls incidence in neurological disorders? A systematic review and meta-analysis.	2018	32(9)	1157-1168	N/A	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Wu C YQ, Zheng X, Cui S, Chen B, Lu L, Tang C.	Effects of mind-body exercises on cognitive function in older adults: a meta-analysis.	2019	Journal of the American Geriatrics Society 2019 Apr;67(4):749-758. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Zeng, Y., Xie, X., & Cheng, A. S. K.	Qigong or tai chi in cancer care: An updated systematic review and meta-analysis.	2019	Current Oncology Reports	21(6)	48	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)
Zhang Y LP, Yang L, Liu J, Liu S, Zou L.	The beneficial effects of traditional Chinese exercises for adults with low back pain: a meta-analysis of randomized controlled trials.	2019	Medicina (Kaunas) 2019 May;55(5):118. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Zhang, S., Zou, L., Chen, L. Z., et al.	The effects of tai chi chuan on negative emotions in non-clinical populations: A meta-analysis and systematic review.	2019	International Journal of Environmental Research and Public Health	16(17)	pii: E3033.	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Excluded - Study design out of scope (SR of RCTs or NRSIs)

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Zhou C ZE, Li Y, Jia Y, Li F.	Exercise therapy of patients with irritable bowel syndrome: a systematic review of randomized controlled trials [with consumer summary].	2019	Neurogastroenterology and Motility 2019 Feb;31(2):e13461. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Zhou Z ZR, Li K, Zhu Y, Zhang Z, Luo Y, Luan R.	Effects of Tai Chi on physiology, balance and quality of life in patients with type 2 diabetes: a systematic review and meta-analysis [with consumer summary].	2019	Journal of Rehabilitation Medicine 2019 Jun;51(6):405-417. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Zhou, Z., Zhou, R., Li, K., et al.	Effects of tai chi on physiology, balance and quality of life in patients with type 2 diabetes: A systematic review and meta-analysis	2019	Journal of Rehabilitation Medicine	51(6)	405-417	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Zou L LP, Yeung AS, Zeng N, Huang T.	The beneficial effects of mind-body exercises for people with mild cognitive impairment: a systematic review with meta-analysis [with consumer summary].	2019	Archives of Physical Medicine and Rehabilitation 2019 Aug;100(8):1556-1573. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Zou L ZY, Yang L, Loprinzi PD, Yeung AS, Kong J, Chen KW, Song W, Xiao T, Li H.	Are mindful exercises safe and beneficial for treating chronic lower back pain? A systematic review and meta-analysis of randomized controlled trials.	2019	Journal of Clinical Medicine 2019 May;8(5):628. 2019.			Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)
Zou, L., Han, J., Li, C., et al.	Effects of tai chi on lower limb proprioception in adults aged over 55: A systematic review and meta-analysis.	2019	Archives of Physical Medicine and Rehabilitation.	100(6)	1102-1113	Excluded - Study design out of scope (SR of RCTs or NRSIs)	Duplicate citation (already identified in the review)

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2018 Physical Activity Guidelines Advisory Committee	2018 Physical Activity Guidelines Advisory Committee (PAGAC) Scientific Report	2018	Washington, DC: U.S. Department of Health and Human Services	N/A	N/A	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
Arienti C LS, Pollock A, Negrini S.	Rehabilitation interventions for improving balance following stroke: an overview of systematic reviews.	2019	PLoS ONE 2019 Jul;14(7):e0219781. 2019.			Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Bannuru, R. R., Osani, M. C., Vaysbrot, E. E. et al.	OARSI guidelines for the non-surgical management of knee, hip, and polyarticular osteoarthritis.	2019	Osteoarthritis and Cartilage	27	1578-1589	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
Bernstein, I. A., Malik, Q., Carville, S., & Ward, S.	Low back pain and sciatica: Summary of NICE guidance.	2017	BMJ	Jan, 6 356:i6748.	N/A	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
Brosseau, L., Taki, J., Desjardins, B., et al.	The Ottawa panel clinical practice guidelines for the management of knee osteoarthritis. Part one: Introduction, and mind-body exercise programs.	2017	Clinical Rehabilitation	31(5)	582-595	Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Cancer Council of Western Australia/Royal Australian College of General Practitioners.	Guidelines for implementing exercise programs for cancer patients	2016	Guidelines for implementing exercise programs for cancer patients. Perth, WA: Cancer Council Western Australia	N/A	N/A	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)

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Fidan O SG, Aras B, Colak E, Aras O.	The effect of Tai Chi and Qigong on health-related quality of life in Parkinson's disease: a systematic review and meta-analysis of systematic reviews.	2019	International Journal of Rehabilitation Research 2019 Sep;42(3):196-204. 2019.			Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Franklin, M., & Hunter, R. M.	A modelling-based economic evaluation of primary-care-based fall-risk screening followed by fall-prevention intervention: A cohort-based Markov model stratified by older age groups	2019	Age and Ageing	11	1-10	Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Giannitrapani KF HJ, Miake-Lye IM, Hempel S, Taylor SL.	Synthesizing the strength of the evidence of complementary and integrative health therapies for pain.	2019	Pain Medicine 2019 Sep;20(9):1831-1840. 2019.			Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Kolasinski, S. L., Neogi, T., Hochberg, M. C., et al.	2019 American College of Rheumatology and the Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee.	2020	Arthritis and Rheumatology	72(2)	220-233	Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Langhorst, J., Heldmann, P., Henningsen, P., et al.	Complementary and alternative procedures for fibromyalgia syndrome: Updated guidelines 2017 and overview of systematic review articles.	2017	Schmerz	31(3)	289-295	Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Lautenschlager, N. L., Cox, K., Hill, K. D., et al.	Physical activity guidelines for older Australians with Mild Cognitive Impairment or Subjective Cognitive Decline.	2018	Melbourne: Dementia Collaborative Research Centres			Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)

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Liu S XT, Yang L, Loprinzi PD.	Exercise as an alternative approach for treating smartphone addiction: a systematic review and meta-analysis of random controlled trials.	2019	International Journal of Environmental Research & Public Health 2019 Oct;16(20):3912. 2019.			Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Ni, M., Hazzard, J. B., Signorile, J. F., & Luca, C.	Exercise guidelines for gait function in Parkinson's disease: A systematic review and meta-analysis.	2018	Neurorehabilitation and Neural Repair	32(10)	872-886	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
Piercy, K. L., Troiano, R. P., Ballard, R. M., et al.	The Physical Activity Guidelines for Americans 2nd Edition	2018	JAMA	320(19)	2020-2028	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
Qaseem, A., Wilt, T. J., McLean, R. M., & Forciea, M. A: Clinical Guidelines Committee of the American College of Physicians.	Non-invasive treatments for acute, subacute, and chronic low back pain: A clinical practice guideline from the American College of Physicians.	2017	Annals of Internal Medicine	166(7)	514-530	Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Reid KF BR, Wang C, Mori DL, Niles BL.	The effects of Tai Chi mind-body approach on the mechanisms of gulf war illness: an umbrella review.	2019	Integrative Medicine Research 2019 Sep;8(3):167-172. 2019.			Excluded - Study design out of scope (overview, HTA, guideline)	Duplicate citation (already identified in the review)
Royal Australian College of General Practitioners	Exercises for falls prevention. Handbook of Non-Drug Interventions.	2014	N/A	N/A	N/A	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Royal Australian College of General Practitioners	Guidelines for the management of knee and hip osteoarthritis (2nd Ed).	2018	N/A	N/A	N/A	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
U.S. Department of Health and Human Services.	Physical Activity Guidelines for Americans 2nd Edition	2018	Washington, DC: U.S. Department of Health and Human Services	N/A	N/A	Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
World Health Organisation (WHO)	Global action plan on physical activity 2018-2030: More active people for a healthier world.	2018	Geneva: WHO, 2018. Licence: CC BY-NC-SA 3.0 IGO			Excluded - Study design out of scope (overview, HTA, guideline)	Excluded - Study design out of scope (overview, HTA, guideline)
Xie, H., Zhang, M., Huo, C., et al.	Tai chi chuan exercise related change in brain function as assessed by functional near-infrared spectroscopy.	2019	Scientific Reports: Nature Research	9	13198	Excluded - Study design out of scope (NRSI)	Excluded - Study design out of scope (NRSI)
Buchbinder, R., Haines, T., et al.	Case for action proposal: Falls and fracture prevention.	2015	NHMRC Research Translation Faculty Arthritis and Musculoskeletal Steering Group and the Injury Prevention and Control	N/A	N/A	Excluded - Publication type out of scope (opinion piece, editorial etc.)	Excluded - Publication type out of scope (opinion piece, editorial etc.)
Cui, L., Yin, H., Lyu, S., et al.	Tai chi chuan versus general aerobic exercise in brain plasticity: A multimodal MRI study.	2019	Scientific Reports: Nature Research	9(1)	17264	Excluded - Population out of scope	Duplicate citation (already identified in the review)

Author/s	Title of article	Publication year	Journal (or other source)	Volume and issue number	Page numbers	Eligibility	Include / Exclusion reason
Son N-K URY, Jeong H-W, Jang Y-H, Kim H-D.	Comparison of 2 different exercise approaches: Tai Chi versus Otago, in community-dwelling older women.	2016	Journal of Geriatric Physical Therapy 2016 Apr-Jun;39(2):51-57. 2016.			Excluded - Population out of scope	Duplicate citation (already identified in the review)
Gokmen YG AM, Kilic L, Algun C.	The effect of Tai Chi and Qigong training on patients with obstructive sleep apnea: a randomized controlled study.	2019	Journal of Alternative & Complementary Medicine	25(3)	317-325	Excluded - Intervention out of scope	Duplicate citation (already identified in the review)
Salmoirago-Blotcher, E., Wayne, P. M., Dunsiger, S., et al.	Tai chi is a promising exercise option for patients with coronary heart disease declining cardiac rehabilitation.	2017	Journal of the American Heart Association	6(10)	e006603	Excluded - Comparator out of scope	Duplicate citation (already identified in the review)