

Author/s	Publication year	Title of article	Name of journal or other source	Volume and issue number	Page numbers	Eligibility	Included/ Excluded (reason)	Notes
I-Hui Chen, Tzu-Pei, Yuen-Chen Yeh, Mei-Ju Chi, Mei-Wen Chen, Yin-Yi Lien, Chih-Fen Yuan	2019	Effects of Acupressure on Sleep Quality and Psychological Distress in Nursing Home Residents: A Randomised Controlled Trial	Journal of the American Medical Directors Association https://www.sciencedirect.com/science/article/abs/pii/S1525861019300052	20(7)	822-829	3b. Intervention out of scope (not shiatsu)	not picked up in search	Acupressure RCT not identified in SR
Pach, D. et al.	2018	Effectiveness and Cost-Effectiveness of Tuina for Chronic Neck Pain: A Randomized Controlled Trial Comparing Tuina with a No-Intervention Waiting List.	Journal Of Alternative And Complementary Medicine (New York, N.Y.)	24(3)	231-237	3b. Intervention out of scope (not shiatsu)	not picked up in search	Intervention described as Tuina
Pach, D, Piper, M, Lotz, F, Reinhold, T, Dombrowski, M, Chang, Y, Blödt, S, Rotter, G, Icke, K, Witt, C	2018	Effectiveness and Cost-Effectiveness of Tuina for Chronic Neck Pain: A Randomised Controlled Trial Comparing Tuina with a	The Journal of Alternative and Complementary Medicine https://www.liebertpub.com/doi/abs/10.1089/acm.2017.0209	24(3)	231-237	3b. Intervention out of scope (not shiatsu)	not picked up in search	Duplicate. See above.
Sundberg, T, Hagberg, L, Zethraeus, N, Wändelle, P, Falkenberg, T	2014	Integrative medicine for back and neck pain: Exploring cost-effectiveness alongside a randomized clinical pilot trial	European Journal of Integrative Medicine	6(1)	29-38	3b. Intervention out of scope (not shiatsu)	not picked up in search	Shiatsu was one of two types of IM therapy that patients could have received. Results were not seperated
Sundberg, T, Petzold, M, Wändell, P, Rydén, A, Falkenberg, T	2009	Exploring integrative medicine for back and neck pain - a pragmatic randomised clinical pilot trial	BMC Complement Altern Med Full text available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2749805/	9(33)		3b. Intervention out of scope (not shiatsu)	not picked up in search	Shiatsu was one of two types of IM therapy that patients could have received. Results were not seperated

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Ueda, E, Fukuoka, H, Koyama, Y, Fukuoka, A	2002	Usefulness of Shiatsu Massage on Cervico-brachial Area and Transcutaneous Electrical Acupuncture-point Stimulation (TEAS) in Dental Treatment	International Society of Life Information Science https://www.jstage.jst.go.jp/article/islis/20/2/20_KJ00000786616/_article/-char/en	20 Part 2	412-416	3b. Intervention out of scope (not shiatsu)	not picked up in search	Shiatsu with TEAS
Inagaki, J, Yoneda, J, Ito, M, Nogak, H	2002	Psychophysiological Effect of Massage and Shiatsu While in the Prone Position with Face Down	Nursing & Health Sciences https://www.researchgate.net/publication/229725792_Psychophysiological_Effect_of_Massage_and_Shiatsu_While_in_the_Prone_Position_with_Face_Down	4(3)	A5-A6	4. Population out of scope (healthy population)	not picked up in search	
Long, AF, Mackay HC,	2003	The Effects of Shiatsu: Findings from a Two-Country Exploratory Study	Journal of Alternative and Complementary Medicine https://www.ncbi.nlm.nih.gov/pubmed/14499030	9(4)	539-547	7b. Publication type out of scope (Not an intervention study examining effectiveness)	not picked up in search	
Long, AF, Edmond, L, Connolly, S	2009	A typology of negative responses: A case study of shiatsu	Complementary Therapies in Medicine https://www.sciencedirect.com/science/article/abs/pii/S0965229908001210	17(3)	168-175	7b. Publication type out of scope (Not an intervention study examining effectiveness)	not picked up in search	
Argash et al.	2008	Touching Cancer: Shiatsu as complementary treatment to support cancer patients	Harefuah (article in Hebrew) https://www.ncbi.nlm.nih.gov/pubmed/18935760	147(8-9)	707-11, 750, 749	8a. Study design out of scope (non-systematic review)	not picked up in search	

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Fuji, R, Ogata, A, Tsukayama, H, Tokutake, T, Tsutan, K	2011	Evidence Reports of Anma-Massage-Shiatsu 2011: 18 Randomised Controlled Trials of Japan	Full text available at: https://www.staa.org.au/resources/Documents/Evidence%20Reports%20of%20Amma%20Shiatsu%2018%20RCTs%20-%20Japan.pdf			8a. Study design out of scope (non-systematic review)	not picked up in search	
Japan Shiatsu College	2013	Collected Reports of The Shiatsu Therapy Research Lab 1998–2012	Full report at: http://e.shiatsu.ac.jp/research/			8a. Study design out of scope (non-systematic review)	not picked up in search	
Japan Shiatsu College	2018	Collected Reports of the Shiatsu Therapy Research Lab 2013-2017	Japan Shiatsu College Full report at: http://e.shiatsu.ac.jp/research/pdf/en2013-2017.pdf			8a. Study design out of scope (non-systematic review)	not picked up in search	
Kleinau, A	2019	A review of Shiatsu and an endpoint analysis (meta-analysis) of controlled studies on the efficacy of Shiatsu	Europa-Universität Viadrina Frankfurt (Oder) https://www.researchgate.net/publication/331928783_A_review_of_Shiatsu_and_an_endpoint_analysis_meta-analysis_of_controlled_studies_on_the_efficacy_of_Shiatsu Review of studies from 1946-2013, part in German			8b. Study design out of scope (SR of RCTs or NRSIs)	not picked up in search	

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Alessandro Carielo de Albuquerque, Gláucio Diré Feliciano, Deise Mara Machado de Mattos, Sílvia da Silva Loureiro, Daniel Teixeira Belloni, Estélio Henrique Martin	2008	Effects of five weeks of a Shiatsu therapy program on the stress phase and blood pressure of hypertension adults	Dantas Fisioter https://periodicos.pucpr.br/index.php/fisio/article/view/19143	21(3)	51–58	8d. Study design out of scope (case series or other)	not picked up in search	
Brown, CA, Bostick, G, Bellmore, L, Kumanayaka, D	2014	Hand self-shiatsu for sleep problems in persons with chronic pain: a pilot study	Journal of Integrative Medicine https://www.ncbi.nlm.nih.gov/pubmed/24666675	12(2)	94–101	8d. Study design out of scope (case series or other)	not picked up in search	Before and after study
Browne, N, Bush, P, Cabo, F	2018	Relieving pressure – An evaluation of Shiatsu treatments for cancer & palliative care patients in an NHS setting	European Journal of Integrative Medicine https://www.sciencedirect.com/science/article/abs/pii/S1876382018303135#!	44064	27–33	8d. Study design out of scope (case series or other)	not picked up in search	Case study
Burke, A	2014	Zen Shiatsu: A Longitudinal Case Study measuring Stress Reduction in a Child with Autism Spectrum Disorder	International Journal of Therapeutic Massage & Bodywork https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4240698/	7(4)	23–28	8d. Study design out of scope (case series or other)	not picked up in search	Case study
Cheesman S, Christian R, Cresswell J	2001	Exploring the value of shiatsu in palliative care day services	International of Journal Palliative Nursing https://www.ncbi.nlm.nih.gov/pubmed/12148974	7(5)	234–9	8d. Study design out of scope (case series or other)	not picked up in search	Qualitative study

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Chevalier, D	2007	The Role of Shiatsu in the Treatment of the Side Effects of Chemotherapy	Shiatsu Society News https://www.scribd.com/document/20489268/The-Role-of-Shiatsu-in-the-Treatment-of-the-Side-Effects Full text available at: http://www.shiatsu-kinesiology.co.uk/resources/shiatsu_and_cancer.pdf	Autumn	14-16	8d. Study design out of scope (case series or other)	not picked up in search	Before and after study
Cohen, R, Mendelson, A, Gorelick, A	2009	Management of work stress in health care providers at the haematology division using Shiatsu (alternative treatment approach)	Bone Marrow Transplantation https://go.gale.com/ps/anonymouse?id=GALE%7CA198170851&sid=googleScholar&v=2.1&it=r&linkaccess=abs&issn=02683369&p=AONE&sw=w	43(S1)	S324	8d. Study design out of scope (case series or other)	not picked up in search	Before and after study
Donoyama, N, Suoh, S, Ohkoshi, N	2014	Effectiveness of Anma massage therapy in alleviating physical symptoms in outpatients with Parkinson's disease: A before-after study	Complementary Therapies in Clinical Practice https://www.ncbi.nlm.nih.gov/pubmed/25201579	20	1-11	8d. Study design out of scope (case series or other)	not picked up in search	Before and after study
Fukuoka, A, Ueda, E, Fukuoka, H, Koyama, Y	2002	Comparison of the Effectiveness That Shiatsu Massage of Cervico-brachial Area Has on Psychosomatic Relaxation Where Qi Is Applied and Where It Is Not	International Society of Life Information Science https://www.jstage.jst.go.jp/article/islis/20/2/20_KJ00000786614/article/-char/en	20 Part 2	400-405	8d. Study design out of scope (case series or other)	not picked up in search	

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Iida M, Kanda K, Chiba A, Yoshida Y, Shimizu K	2000	Effects of shiatsu massage on relief of anxiety and side effect symptoms of patients receiving cancer chemotherapy	Kitakanto Medical Journal https://www.researchgate.net/publication/244938860_Effects_of_Shiatsu_Massage_on_Relief_of_Anxiety_and_Side_Effect_Symptoms_of_Patients_Receiving_Cancer_Chemotherapy	50(3)	227-232	8d. Study design out of scope (case series or other)	not picked up in search	Before and after study
Ingram J, Domagala C, Yates S	2005	The effects of shiatsu on post-term pregnancy	Complementary Therapies in Medicine https://www.ncbi.nlm.nih.gov/pubmed/15907673	13(1)	42309	8d. Study design out of scope (case series or other)	not picked up in search	
Koers, K	2015	Shiatsu and solution oriented short term mentoring for stress induced circumstances	B.Sc. thesis at the Steinbeis-Hochschule/Berlin (Full text available in German - Summary/Abstract in English) https://www.grin.com/document/343127			8d. Study design out of scope (case series or other)	not picked up in search	
Long, AF	2009	The potential of complementary and alternative medicine in promoting well-being and critical health literacy: a prospective, observational study of shiatsu	BMC Complementary and Alternative Medicine Full text available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2706798/	9(19)		8d. Study design out of scope (case series or other)	not picked up in search	

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Pirie, ZM, Fox, NJ, Mathers, NJ	2012	Delivering shiatsu in a primary care setting: Benefits and challenges	Complementary Therapies in Clinical Practice https://www.ncbi.nlm.nih.gov/pubmed/22196572	18(1)	37-42	8d. Study design out of scope (case series or other)	not picked up in search	
	2015	Evidence Reports of Anma-Massage-Shiatsu 2014: 2 Meta-Analysis and 10 Randomized Controlled Trials	Full Japanese text available at: https://www.ejim.ncgg.go.jp/doc/pdf/a33.pdf			Awaiting Classification: Study unable to be translated or interpreted at the title/abstract stage	not picked up in search	
Nakamura S, Horiuchi S	2017	Randomized Controlled Trial to Assess the Effectiveness of a Self-Care Program for Pregnant Women for Relieving Hiesho	The Journal of Alternative and Complementary Medicine https://www.ncbi.nlm.nih.gov/pubmed/27556931	23(1)	53-59	Duplicate citation (already identified in the review)	Excluded - 3b. Intervention out of scope (not shiatsu)	
Robinson, N., Lorenc, A., & Liao, X.	2011	The evidence for Shiatsu: a systematic review of Shiatsu and acupressure.	BMC complementary and alternative medicine	11(1)	88	Duplicate citation (already identified in the review)	Excluded - 8b. Study design out of scope (SR or RCTs or NRSIs)	

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Ballegaard S, Norrelund S, Smith DF	1996	Cost-benefit of combined use of acupuncture, Shiatsu and lifestyle adjustment for treatment of patients with severe angina pectoris	Acupuncture & electro-therapeutics research NHS critical abstract available at: https://pdfs.semanticscholar.org/5699/ec7ad9188b206833555c2662b7f9c09f26ef.pdf?_ga=2.266929934.1227686386.1569998291-1362126865.1569557976	21(3-4)	187-97	Duplicate citation (already identified in the review)	Excluded - 8c. Study design out of scope (nonrandomised study)	
Brady, LH, Henry, K Luth, JF, Casper-Bruett, KK	2001	The effects of shiatsu on lower back pain	Journal of Holistic Nursing https://www.ncbi.nlm.nih.gov/pubmed/11847714	19(1)	57-70	Duplicate citation (already identified in the review)	Excluded - 8d. Study design out of scope (case series or other)	
Lichtenberg P, Vass A, Ptaya H, Edelman S, Heresco-Levy U	2009	Shiatsu as an adjuvant therapy for schizophrenia: an open-label pilot study	Alternative therapies in health and medicine Full text available at: https://www.researchgate.net/publication/26829281_Shiatsu_as_a_n_adjuvant_therapy_for_schizophrenia_an_open-label_pilot_study	15(5)	44-6	Duplicate citation (already identified in the review)	Excluded - 8d. Study design out of scope (case series or other)	
Long, AF	2008	The Effectiveness of Shiatsu: Findings from a Cross-European, Prospective Observational Study ^[11] _{SEP}	Journal of Alternative and Complementary Medicine https://www.ncbi.nlm.nih.gov/pubmed/18990043 Repository copy at: http://eprints.whiterose.ac.uk/42957/2/ShiatsuFinalReport.pdf	14(8)	921-930	Duplicate citation (already identified in the review)	Excluded - 8d. Study design out of scope (case series or other)	

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Qin, P, Dick, BD, Leung, A, Brown, CA	2019	Effectiveness of hand self-shiatsu to improve sleep following sport-related concussion in young athletes: a proof-of-concept study	Journal of integrative medicine https://www.ncbi.nlm.nih.gov/pubmed/30482473	17(1)	24–29	Duplicate citation (already identified in the review)	Excluded - 8d. Study design out of scope (case series or other)	
Yuan, S. L. K., Matsutani, L. A. and Marques, A. P.	2015	Effectiveness of different styles of massage therapy in fibromyalgia: a systematic review and meta-analysis.	Manual Therapy	20(2)	257–264	Duplicate citation (already identified in the review)	Excluded - 8b. Study design out of scope (SR or RCTs or NRSIs)	
Yuan, SLK, Matsutani, LA, Marques, AP	2015	Effectiveness of Different Styles of Massage Therapy in Fibromyalgia: A Systematic Review and Meta-Analysis	Manual Therapy https://www.researchgate.net/publication/266620613_Effectiveness_of_different_styles_of_massage_therapy_in_fibromyalgia_A_systematic_review_and_meta-analysis	20(2)	257–64	Duplicate citation (already identified in the review)	Excluded - 8b. Study design out of scope (SR or RCTs or NRSIs)	Duplicate. See above.
Ardabili FM, Purhajari S, Najafi Ghezalje T, Haghani H ^[1]	2014	The effect of shiatsu massage on pain reduction in burn patients	World Journal of Plastic Surgery https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4236994/	3(2)	115–8	Duplicate citation (already identified in the review)	Included (already)	
Donoyama, N, Satoh, T, Hamano, T, Ohkoshi, N, Onuki, M	2018	Effects of Anma therapy (Japanese massage) on health-related quality of life in gynecologic cancer survivors: A randomized controlled trial	PLoS One https://www.ncbi.nlm.nih.gov/pubmed/29723235	13(5)		Duplicate citation (already identified in the review)	Included (already)	

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Gan-Hon Lin, Wei-Chun Chang, Kuan-Ju Chen, Chen-Chen Tsai, Sung-Yuan Hu, Li-Li Chen	2016	Effectiveness of Acupressure on the Taichong Acupoint in Lowering Blood Pressure in Patients with Hypertension: A Randomized Clinical Trial	Evidence-based Complementary and Alternative Medicine https://www.researchgate.net/publication/309001263_Effectiveness_of_Acupressure_on_the_Taichong_Acupoint_in_Lowering_Blood_Pressure_in_Patients_with_Hypertension_A_Randomized_Clinical_Trial	-3	44075	Duplicate citation (already identified in the review)	Included (already)	Acupressure study identified in SR
Hsieh LL, Liou HH, Lee LH, Chen TH, Yen AM	2010	Effect of acupressure and trigger points in treating headache: a randomized controlled trial	The American Journal of Chinese Medicine https://www.ncbi.nlm.nih.gov/pubmed/20128040	38(1)	1-14	Duplicate citation (already identified in the review)	Included (already)	Acupressure study identified in SR
Kobayashi D et al.	2019	Shiatsu for chronic lower back pain: Randomized controlled study.	Complementary Therapies in Medicine	45	33-37	Duplicate citation (already identified in the review)	Included (already)	
Kobaysahi, D, Shimbo, T, Hayashi, H, Takahashi, O	2019	Shiatsu for chronic lower back pain: Randomized controlled study	Complementary Therapies in Medicine https://www.sciencedirect.com/science/article/pii/S0965229919302778	45 August	33-37	Duplicate citation (already identified in the review)	Included (already)	
Lanza, G, Centonze, SS, Destro, G, Vella, V, Bellomo, M, Pennisi, M, Bella, R, Ciavardelli, D	2018	Shiatsu as an adjuvant therapy for depression in patients with Alzheimer's disease: A pilot study	Complementary Therapies in Medicine https://www.sciencedirect.com/science/article/abs/pii/S096522991730941X	38 June	74-78	Duplicate citation (already identified in the review)	Included (already)	

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Lucini D, Malacarne M, Solaro N, Busin S, Pagani M	2009	Complementary medicine for the management of chronic stress: superiority of active versus passive techniques	Journal of Hypertension Full text available at: https://www.esi-shiatsu.de/files/lucini_4_cinahl_10.pdf	27(12)	2421–8	Duplicate citation (already identified in the review)	Included (already)	
Mohaddes Ardabili F, Purhajari S, Najafi Ghzeljeh T, Haghani H	2015	The effect of shiatsu massage on underlying anxiety in burn patients	World Journal of Plastic Surgery https://www.ncbi.nlm.nih.gov/pubmed/25606475	4(1)	36–9	Duplicate citation (already identified in the review)	Included (already)	
Mohaddes Ardabili, F. et al.	2015	The effect of shiatsu massage on underlying anxiety in burn patients.	World Journal Of Plastic Surgery	4(1)	36–39	Duplicate citation (already identified in the review)	Included (already)	
Schitter, AM, Nedeljkovic, M, Baur, H, Fleckenstein, J, Raio, R	2015	Effects of Passive Hydrotherapy WATSU (WaterShiatsu) in the Third Trimester of Pregnancy: Results of a Controlled Pilot Study	Evidence-Based Complementary and Alternative Medicine https://www.hindawi.com/journal/s/ecam/2015/437650/	2015		Duplicate citation (already identified in the review)	Included (already)	
Teimoori Batool, Navvabi-Rigi Shahin-Dokht, Rajabi Shahnaz, Arbabisarjou Azizollah	2015	Evaluation Effect of Shiatsu Technique on Labor Induction in Post-Term Pregnancy	Global Journal of Health Science https://www.ncbi.nlm.nih.gov/pubmed/25948426	7(3)	177–183	Duplicate citation (already identified in the review)	Included (already)	

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Van den Heuvel, E, Goossens, M, Vanderhaegen, H, Sun, HX, Buntinx, F	2016	Effect of acustimulation on nausea and vomiting and on hyperemesis in pregnancy: a systematic review of Western and Chinese literature	BMC Complement Alternative Medicine https://www.researchgate.net/publication/290478456_Effect_of_a_custimulation_on_nausea_and_vomiting_and_on_hyperemesis_in_pregnancy_A_systematic_review_of_Western_and_Chinese_literature	16(1)		Duplicate citation (already identified in the review)	Included (already)	Accupressure review
Villani, V, Prosperino, L, Palombini, F, Orzi, F, Sette, G	2017	Single-blind, randomized, pilot study combining shiatsu and amitriptyline in refractory primary headaches	Neurological Sciences https://www.ncbi.nlm.nih.gov/pubmed/28283760	online 10 March 2017		Duplicate citation (already identified in the review)	Included (already)	
Villani, V. et al.	2017	Single-blind, randomized, pilot study combining shiatsu and amitriptyline in refractory primary headaches.	Neurological Sciences: Official Journal Of The Italian Neurological Society And Of The Italian Society Of Clinical Neurophysiology	38(6)	999–1007	Duplicate citation (already identified in the review)	Included (already)	Duplicate. See above.
Yuan, S. L. K., Berssaneti, A. A. and Marques, A. P.	2013	Effects of Shiatsu in the Management of Fibromyalgia Symptoms: A Controlled Pilot Study.	Journal of Manipulative & Physiological Therapeutics	36(7)	436–443	Duplicate citation (already identified in the review)	Included (already)	
Yuan, SLK, Berssaneti, AA, Marques, AP	2013	Effects of Shiatsu in the Management of Fibromyalgia Symptoms: A Controlled Pilot Study	Journal of Manipulative and Physiological Therapeutics https://www.sciencedirect.com/science/article/pii/S0161475413001036	36(7)	436–443	Duplicate citation (already identified in the review)	Included (already)	Duplicate. See above.

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Hanan F Abbas Soliman, Eman A Soliman El-Hosary	2017	The Efficacy of Shiatsu Therapy at “Sea of Energy” Point on Primary Dysmenorrhoea in Nursing Students	International Journal of Nursing Didactics https://www.researchgate.net/publication/330534425_The_Efficacy_of_Shiatsu_Therapy_at_Sea_of_Energy_Point_on_Primary_Dysmenorrhea_in_Nursing_Students	7 (4)		Included	not picked up in search	
Mirtajadini H, Kalroozi F, Pishgooie AH	2016	Shiatsu Massage and the Pain Intensity of Venipuncture in Patients Undergoing Hemodialysis	Military Caring Sciences https://www.researchgate.net/publication/317601382_Shiatsu_Massage_and_the_Pain_Intensity_of_Venipuncture_in_Patients_Undergoing_Hemodialysis (Abstract only in English)	3(1)	27-33	Awaiting classification: Publication not in English	not picked up in search	