

Appendix C1. Citation details of studies screened and excluded at full text [Kinesiology]

Study ID	Reference	Exclusion reason
Friedman 1981	Friedman M H, Weisberg J Applied kinesiology--double-blind pilot study. The Journal of prosthetic dentistry. 1981; 45(3) 321-3.	Intervention: applied kinesiology
Glassley 1983	Glassley D P Applied dental kinesiology: temporomandibular joint dysfunction. Basal facts. 1983; 5(2) 65-6.	Intervention: applied kinesiology
Grossi 1981	Grossi J A Effects of an applied kinesiology technique on quadriceps femoris muscle isometric strength. Physical therapy. 1981; 61(7) 1011-6.	Intervention: applied kinesiology
Jacobs 1981	Jacobs G E Applied kinesiology: an experimental evaluation by double blind methodology. Journal of manipulative and physiological therapeutics. 1981; 4(3) 141-45.	Intervention: applied kinesiology
Mucke 2000	Mucke H Focal tooth infection test before and after root canal procedure. Arztezeitschrift fur Naturheilverfahren. 2000; 41(10) 683-685.	Intervention: applied kinesiology
Pothmann 2001	Pothmann R, von Frankenberg S, Hoicke C, Weingarten H, Ludtke R [Evaluation of applied kinesiology in nutritional intolerance of childhood]. Evaluation der klinisch angewandten Kinesiologie bei Nahrungsmittel-Unvertraglichkeiten im Kindesalter.. 2001; 8(6) 336-44. Garten H [To: Pothmann R, et al: Evaluation of applied kinesiology in nutritional intolerance of childhood.]. Forsch Komplementarmed Klass Naturheilkd 2001;8:336-344.. 2002; 9(2) 115-6.	Intervention: applied kinesiology
Schmitt 1995	Schmitt W H Neurophysiological study supports applied kinesiology procedures. Journal - American Chiropractic Association. 1995; 32(3) 47-8.	Intervention: applied kinesiology
Staehele 2005	Staehele H J, Koch M J, Pioch T Double-blind study on materials testing with applied kinesiology. Journal of dental research. 2005; 84(11) 1066-9. :	Intervention: applied kinesiology
Cancela 2015	Cancela, J.M., Vila Suárez, M.H., Vasconcelos, J., Lima, A. & Ayán, C. Efficacy of Brain Gym Training on the Cognitive Performance and Fitness Level of Active Older Adults: A Preliminary Study Journal of Aging and Physical Activity. 2015; 23(4): 653–8. https://doi.org/10.1123/japa.2014-0044	Intervention: not energy or specialised kinesiology
Morris 1988	Morris G S, Sift J M, Khalsa G K Effect of educational kinesiology on static balance of learning disabled students. Perceptual and motor skills. 1988; 67(1) 51-4. d	Intervention: not energy or specialised kinesiology
Schwickerath 2001	Schwickerath H, Haastert B, Mack F Assessment of a kinesiology study. Deutsche zahnärztliche zeitschrift.. 2001; 56(3) 166-171.	Intervention: not energy or specialised kinesiology
Scopp 1978	Scopp A L An experimental evaluation of kinesiology in allergy and deficiency disease diagnosis. Journal of Orthomolecular Psychiatry. 1978; 7(2) 137-138.	Intervention: not energy or specialised kinesiology
Tai 2021	Tai Alan Pui-Lun; Lau Way Kwok-Wai Revisit the Effectiveness of Educational Kinesiology on Stress and Anxiety Amelioration in Kindergarteners With Special Needs Using Biological Measures. Frontiers in psychiatry. 2021; 12() 773659. doi: https://dx.doi.org/10.3389/fpsy.2021.773659 Tai Pui Lun Alan; Lau Kwok Wai Way Revisit the Effectiveness of Educational Kinesiology on Stress and Anxiety Amelioration in Kindergarteners With Special Needs: A Nonrandomized Trial. . 2021; () . doi: 10.21203/rs.3.rs-407301/v1	Intervention: not energy or specialised kinesiology
Boot 2010	Boot B, Heinen A Follow-up measurements with voice frequency analysis (VFA) and a symptom score 1-2 years after treatment of pollen allergy with Multi-Integrative Kinesiology Activity (MIKA). European Journal of Integrative Medicine. 2010; 2(4) 248. doi: https://dx.doi.org/10.1016/j.eujim.2010.09.159	Study design: NRSI: no contemporaneous control
Erpenbach 1998	Erpenbach K, Molitor H Chronisch-entzündliche Darmerkrankungen (Colitis ulcerosa; Enteritis regionalis Crohn): Atiologie und Therapieergebnisse unter Anwendung der bioenergetischen Funktionsdiagnostik und der Magnetfrequenzakupunktur. Forschende Komplementarmedizin und Klassische Naturheilkunde. 1998; 5(4) 178-82.	Study design: NRSI: no contemporaneous control
Walker 2007	Walker J E Long-Lasting Remediation of Migraine Headaches Using the Neural Kinesiology Technique of Klinghart and Williams: an Outcome Study. Townsend Letter for Doctors and Patients. 2007; 287() 85-8.	Study design: NRSI: no contemporaneous control
Hall 2008	Hall S, Lewith G, Brien S, Little P An exploratory pilot study to design and assess the credibility of a sham kinesiology treatment. Forschende Komplementarmedizin (2006). 2008; 15(6) 321-6. doi: https://dx.doi.org/10.1159/000170401	Study design: clearly ineligible
Waxenegger 2007	Waxenegger I, Endler P C, Wulkersdorfer B, Spranger H Wirksamkeitsprognose mithilfe des kinesiologischen Muskeltests: Pilotstudie zur Eignung des kinesiologischen Muskeltests als Prognoseinstrument vor therapeutischen Massnahmen. Erfahrungsheilkunde. 2007; 56(11) 656-9.	Study design: clearly ineligible

Dahn 2007	Dahn J Applied Kinesiology in the pain therapy practice: Therapy of a chronic cephalgia syndrom in a multimodal concept. KIM - Komplementare und Integrative Medizin, Arznei-zeitschrift für Naturheilverfahren. 2007; 48(10) 17-21.	Publication type: clearly ineligible
Wuthrich 2006	Wuthrich B, Bachert C Electroacupuncture, applied kinesiology, bioresonance therapy. Allergologie. 2006; 29(12) 483-484. doi: https://dx.doi.org/10.5414/alp29483	Publication type: clearly ineligible

Appendix C2. Citation details of studies from submissions (Kinesiology)

A: awaiting classification
 B: excluded at title & abstract
 C: excluded at full-text
 D: eligible studies

Reference	Retrieved by search?	Classification
Estrazulas JA et al Accuracy of the Applied Kinesiology Muscle Strength Test for Sacroiliac Dysfunction'. Revista Brasileira de Ortopedia. 2020; 55(3): 293-297. 10.1055/s-0039-1700832	No	B - Intervention: applied kinesiology (DTA study)
Schwartz SA et al A double-blind, randomised study to assess the validity of applied kinesiology (AK) as a diagnostic tool and as a nonlocal proximity effect. Explore (New York). 2014; 10(2): 99-108. 10.1016/i.explore.2013.12.002	Yes	B - Intervention: applied kinesiology (DTA study)
Melis M, Di Giosia M Applied kinesiology and dentistry - A narrative review Cranio: the journal of craniomandibular practice. 2020; July: n/a. 10.1080/08869634.2020.1798669	Yes	B - Intervention: applied kinesiology (narrative review)
Ahn C B et al Effect of Combined Traditional Acupuncture and Applied Kinesiology on Lumbar Diseases. Journal of Acupuncture Research. 2020; 37(2): 94-101. 10.13045/jar.2019.00206	Yes	B - Intervention: applied kinesiology Study design: no comparator group
Abaraogu, U.O., Igwe, S.E. & Tabansi-Ochiogu, C.S. Effectiveness of SP6 (Sanyinjiao) acupressure for relief of primary dysmenorrhea symptoms: A systematic review with meta- and sensitivity analyses. Complementary Therapies in Clinical Practice. 2016; 25: 92-105. http://dx.doi.org/10.1016/j.ctcp.2016.09.003	No	B - Intervention: not kinesiology (tool of the trade only)
Alkozei, A., Smith, R., Pisner, D.A., Vanuk, J.R., Berryhill, S.M., Fridman, A., Shane, B.R., Knight, S.A., & Killgore, W.D. Exposure to Blue Light Increases Subsequent Functional Activation of the Prefrontal Cortex During Performance of a Working Memory Task. Sleep. 2016; 39(9): 1671–1680. https://doi.org/10.5665/sleep.6090	No	B - Intervention: not kinesiology (tool of the trade only)
Amini, Y., Saif, N., Greer, C. et al The Role of Nutrition in Individualized Alzheimer's Risk Reduction Nutrition and Aging: Current Nutrition Reports. 2020; 9: 55–63. https://doi.org/10.1007/s13668-020-00311-7	No	B - Intervention: not kinesiology (tool of the trade only)
Anbari, K., Firouzi, M. & Abbaszadeh, S. Probiotics and gastrointestinal diseases: A promising complementary medicine resource for treatment of gastrointestinal disorders and diseases J Pharm Pharmacogn Res . 2019; 7(3): 193–199. http://iiores.com/iiores/pdf/vol7/iiores19.620_7.3.193.pdf	No	B - Intervention: not kinesiology (tool of the trade only)
Arntz, A. Imagery Rescripting as a Therapeutic Technique: Review of Clinical Trials, Basic Studies, and Research Agenda Journal of Experimental Psychopathology. 2012; 3(2): 189–208. https://doi.org/10.5127/ieo.024211	No	B - Intervention: not kinesiology (tool of the trade only)
Au, D.W.H., Tsang, H.W.H., Ling, P.P.M., Leung, C.H.T., Ip, P.K. & Cheung, W.M. Effects of acupressure on anxiety: a systematic review and meta-analysis Acupuncture in Medicine. 2015; 33(5): 353-359. https://doi.org/10.1136/acupmed-2014-010720	No	B - Intervention: not kinesiology (tool of the trade only)
Avisa, P., Kamatham, R., Vanjari, K. & Nuvvula, S. Effectiveness of Acupressure on Dental Anxiety in Children Pediatric Dentistry. 2018; 40(3) : 177-183. PMID: 29793563.	No	B - Intervention: not kinesiology (tool of the trade only)
Bayan, L., Koulivand, P.H. & Gorji, A. Garlic: a review of potential therapeutic effects Avicenna journal of phytomedicine. 2014; 4(1): 1-14.	No	B - Intervention: not kinesiology (tool of the trade only)
Bradshaw, R.A., McDonald, M.J., Grace, R., Detwiler, L. & Austin, K. A randomized clinical trial of Observed and Experiential Integration (OEI): A simple, innovative intervention for affect regulation in clients with PTSD Traumatology. 2014; 20(3): 161–171. https://doi.org/10.1037/h0099401	No	B - Intervention: not kinesiology (tool of the trade only)
Cai, W., Pan, J., Huang, Q., Chen, J. & Wu, Y. The role of meridian touching on neonatal hyperbilirubinemia Chinese Journal of Practical Nursing. 2014; 30(6): 9-12. https://doi.org/10.3760/cma.i.issn.1672-7088.2014.06.003	No	B - Intervention: not kinesiology (tool of the trade only)
Carter, P., Gray, L.J., Troughton, J., Khunti, K. & Davies, M.J. Fruit and vegetable intake and incidence of type 2 diabetes mellitus: systematic review and meta-analysis. BMJ (Clinical research ed.). 2010; 341: Article c4229. https://doi.org/10.1136/bmj.c4229	No	B - Intervention: not kinesiology (tool of the trade only)
Chai, M.T., Amin, H.U., Izhar, L.I., Saad, M., Abdul Rahman, M., Malik, A.S., & Tang, T.B. Exploring EEG Effective Connectivity Network in Estimating Influence of Color on Emotion and Memory. Frontiers in neuroinformatics. 2019; 13: 66. https://doi.org/10.3389/fninf.2019.00066	No	B - Intervention: not kinesiology (tool of the trade only)
Church, D. & Feinstein, D. The Manual Stimulation of Acupuncture Points in the Treatment of Post-Traumatic Stress Disorder: A Review of Clinical Emotional Freedom Techniques Medical Acupuncture. 2017; 29(4): 194-205. https://doi.org/10.1089/acu.2017.1213	No	B - Intervention: not kinesiology (tool of the trade only)
Church, D., Stapleton, P., Yang, A., & Gallo, F. Is Tapping on Acupuncture Points an Active Ingredient in Emotional Freedom Techniques? A Systematic Review and Meta-analysis of Comparative Studies. The Journal of nervous and mental disease, . 2018; 206(10): 783–793. https://doi.org/10.1097/NMD.0000000000000878	No	B - Intervention: not kinesiology (tool of the trade only)

Clond M. Emotional Freedom Techniques for Anxiety: A Systematic Review With Meta-analysis. The Journal of nervous and mental disease, . 2016; 204(5): 388–395. https://doi.org/10.1097/NMD.0000000000000483	No	B - Intervention: not kinesiology (tool of the trade only)
Cuijpers, P., van Veen, S.C., Sijbrandij, M., Yoder, W. & Cristea, I.A. Eye movement desensitization and reprocessing for mental health problems: a systematic review and meta-analysis Cognitive Behaviour Therapy. 2020; 49(3): 165-180. https://doi.org/10.1080/16506073.2019.1703801	No	B - Intervention: not kinesiology (tool of the trade only)
Deacon, G., Kettle, C., Hayes, D., Dennis, C. & Tucci, J. Omega 3 polyunsaturated fatty acids and the treatment of depression. Critical reviews in food science and nutrition. 2017; 57(1): 212-223. https://doi.org/10.1080/10408398.2013.876959	No	B - Intervention: not kinesiology (tool of the trade only)
Devore, E.E., Kang, J.H., Breteler, M.M. & Grodstein, F. Dietary intakes of berries and flavonoids in relation to cognitive decline. Annals of neurology. 2012; 72(1): 135-143. https://doi.org/10.1002/ana.23594	No	B - Intervention: not kinesiology (tool of the trade only)
Dixit, U.B. & Jasani, R.R. Comparison of the effectiveness of Bach flower therapy and music therapy on dental anxiety in pediatric patients: A randomized controlled study. . J Indian Soc Pedod Prev Dent. 2020; 38(1): 71-78. https://pubmed.ncbi.nlm.nih.gov/32174632/	No	B - Intervention: not kinesiology (tool of the trade only)
Doughty, K.N., Del Pilar, N.X., Audette, A. & Katz, D.L. Lifestyle Medicine and the Management of Cardiovascular Disease Current Cardiology Reports. 2017; 19: Article 116. https://doi.org/10.1007/s11886-017-0925-z	No	B - Intervention: not kinesiology (tool of the trade only)
Eliassen, A.H., Hendrickson, S.J., Brinton, L.A., Buring, J.E., Campos, H., Dai, Q., Dorgan, J.F., Franke, A.A., Gao, Y.T., Goodman, M.T., Hallmans, G., Helzlsouer, K.J., Hoffman-Bolton, J., Hultén, K., Sesso, H.D., Sowell, A.L., Tamimi, R.M., Toniolo, P., Wilkens, L.R., Winkvist, A., ... Hankinson, S.E. Circulating carotenoids and risk of breast cancer: pooled analysis of eight prospective studies. Journal of the National Cancer Institute. 2012; 104(24): 1905-1916. https://doi.org/10.1093/jnci/djs461	No	B - Intervention: not kinesiology (tool of the trade only)
Elkjær, E., Mikkelsen, M.B., Michalak, J., Mennin, D.S. & O'Toole, M.S. Expansive and Contractive Postures and Movement: A Systematic Review and Meta-Analysis of the Effect of Motor Displays on Affective and Behavioral Responses, Perspectives on Psychological Science. 2020; June 2020: . https://doi.org/10.1177%2F1745691620919358	No	B - Intervention: not kinesiology (tool of the trade only)
Farsad-Naeimi, A., Asjodi, F., Omidian, M., Askari, M., Nouri, M., Pizarro, A.B., Daneshzad, E. Sugar consumption, sugar sweetened beverages and Attention Deficit Hyperactivity Disorder: A systematic review and meta-analysis Complementary Therapies in Medicine. 2020; 53: Article 102512. https://doi.org/10.1016/j.ctim.2020.102512	No	B - Intervention: not kinesiology (tool of the trade only)
Feinstein, D. Energy psychology: Efficacy, speed, mechanisms Explore (New York, N.Y.), . 2019; 15(5): 340–351. https://doi.org/10.1016/j.explore.2018.11.003	No	B - Intervention: not kinesiology (tool of the trade only)
Głabaska, D., Guzek, D., Groele, B. & Gutkowska, K. Fruit and Vegetable Intake and Mental Health in Adults: A Systematic Review. Nutrients. 2020; 12(1): Article 115. https://doi.org/10.3390/nu12010115	No	B - Intervention: not kinesiology (tool of the trade only)
Gong, M., Dong, H., Tang, Y., Huang, W. & Lu, F. Effects of aromatherapy on anxiety: A meta-analysis of randomized controlled trials. , Journal of affective disorders. 2020; 274: 1028–1040. https://doi.org/10.1016/j.jad.2020.05.118	No	B - Intervention: not kinesiology (tool of the trade only)
Grosso, G., Micek, A., Godos, J., Pajak, A., Sciacca, S., Galvano, F. & Giovannucci, E.L. Dietary Flavonoid and Lignan Intake and Mortality in Prospective Cohort Studies: Systematic Review and Dose-Response Meta-Analysis. American journal of epidemiology. 2017; 185(12): 1304-1316. https://doi.org/10.1093/aje/kww207	No	B - Intervention: not kinesiology (tool of the trade only)
Guo, P., Li, P., Zhang, X., Liu, N., Wang, J., Yang, S., Yu, L. & Zhang, W. The effectiveness of aromatherapy on preoperative anxiety in adults: A systematic review and meta-analysis of randomized controlled trials. , International journal of nursing studies. 2020; 111: Article 103747. https://doi.org/10.1016/j.ijnurstu.2020.103747	No	B - Intervention: not kinesiology (tool of the trade only)
He, Y., Guo, X., May, B.H. et al Clinical Evidence for Association of Acupuncture and Acupressure With Improved Cancer PainA Systematic Review and Meta-Analysis JAMA Oncology. 2019; 6(2): 271-278. https://doi.org/10.1001/jamaoncol.2019.5233	No	B - Intervention: not kinesiology (tool of the trade only)
Hullings, A.G., Sinha, R., Liao, L.M., Freedman, N.D., Graubard, B.I., & Loftfield, E. (2020). Whole grain and dietary fiber intake and risk of colorectal cancer in the NIH-AARP Diet and Health Study cohort. The American journal of clinical nutrition. 2020; 112(3): 603-612. https://doi.org/10.1093/ajcn/nqaa161	No	B - Intervention: not kinesiology (tool of the trade only)
Hunt, M. & Fenton, M. Imagery rescripting versus in vivo exposure in the treatment of snake fear Journal of Behavior Therapy and Experimental Psychiatry. 2007; 38(4): 329-344. https://doi.org/10.1016/j.jbtep.2007.09.001	No	B - Intervention: not kinesiology (tool of the trade only)
Hyun-Suk, K., Ji-Soon, K. & So-Hyun, S. Comparison of the Effects of Meridian Massage and Hand Massage on the Affected Upper Extremity of Stroke Patients J Korean Acad Fundam Nurs. . 2007; 14(3): 270-0. https://doi.org/10.3760/cma.j.issn.1672-7088.2014.06.003	No	B - Intervention: not kinesiology (tool of the trade only)

Inagaki, K., Shimizu, T. & Sakairi, Y. Effects of posture regulation on mood states, heart rate and test performance in children Educational Psychology. 2018; 38(9): 1129-1146. https://doi.org/10.1080/01443410.2018.1504003	No	B - Intervention: not kinesiology (tool of the trade only)
Jensen, A.M. & Ramasamy, A. Treating Spider Phobia Using Neuro Emotional Technique: Findings from a Pilot Study The Journal of alternative and complementary medicine . 2009; 15(12): 1363–1374. https://doi.org/10.1089/acm.2008.0595	No	B - Intervention: not kinesiology (tool of the trade only)
Khandelwal, S. Obesity in midlife: lifestyle and dietary strategies Climacteric . 2020; 23(2): 140-147. https://doi.org/10.1080/13697137.2019.1660638	No	B - Intervention: not kinesiology (tool of the trade only)
Kiecolt-Glaser, J.K., Belury, M.A., Andridge, R., Malarkey, W.B. & Glaser, R. Omega-3 supplementation lowers inflammation and anxiety in medical students: a randomized controlled trial Brain, behavior, and immunity. 2011; 25(8) : 1725-1734. https://doi.org/10.1016/j.bbi.2011.07.229	No	B - Intervention: not kinesiology (tool of the trade only)
Killgore, W.D.S., Vanuk, J.R., Shane, B.R., Weber, M. & Bajaj, S. A randomized, double-blind, placebo-controlled trial of blue wavelength light exposure on sleep and recovery of brain structure, function, and cognition following mild traumatic brain injury. Neurobiology of disease. 2020; 134: Article 104659. https://doi.org/10.1016/j.nbd.2019.104679	No	B - Intervention: not kinesiology (tool of the trade only)
Kim, Y. & Je, Y. Flavonoid intake and mortality from cardiovascular disease and all causes: A meta-analysis of prospective cohort studies. Clinical nutrition ESPEN. 2017; 20: 68-77. https://doi.org/10.1016/j.clnesp.2017.03.004	No	B - Intervention: not kinesiology (tool of the trade only)
Kim, Y., & Je, Y. Dietary fibre intake and mortality from cardiovascular disease and all cancers: A meta-analysis of prospective cohort studies. Archives of cardiovascular diseases. 2016; 109(1): 39-54. https://doi.org/10.1016/j.acvd.2015.09.005	No	B - Intervention: not kinesiology (tool of the trade only)
Komori, T., Kageyama, M., Tamura, Y., Tateishi, Y. & Iwasa, T. Anti-stress effects of simplified aroma hand massage. Mental illness. 2018; 10(1): 7619. https://doi.org/10.4081/mi.2018.7619	No	B - Intervention: not kinesiology (tool of the trade only)
Kunze, A.E., Arntz, A., Morina, N., Kindt, M. & Lancee, J. Efficacy of imagery rescripting and imaginal exposure for nightmares: A randomized wait-list controlled trial Behaviour Research and Therapy. 2017; 55: 6-15. https://doi.org/10.1016/j.jbtep.2016.11.003	No	B - Intervention: not kinesiology (tool of the trade only)
Lafortune, L., Martin, S., Kelly, S., Kuhn, I., Remes, O., Cowan, A. & Brayne, C. Behavioural Risk Factors in Mid-Life Associated with Successful Ageing, Disability, Dementia and Frailty in Later Life: A Rapid Systematic Review. PloS one. 2016; 11(2): Article e0144405. https://doi.org/10.1371/journal.pone.0144405	No	B - Intervention: not kinesiology (tool of the trade only)
Lattanzio, M., Weir, M.R. An evidence-based appraisal of complementary and alternative medicine strategies for the management of hypertension Journal of Hypertension. 2020; 38(8): 1412–9. https://doi.org/10.1097/HJH.0000000000002433	No	B - Intervention: not kinesiology (tool of the trade only)
Lee, E.J. & Frazier, S. The Efficacy of Acupressure for Symptom Management: A Systematic Review Journal of pain and symptom management,. 2011; 42(4): 589-603. https://doi.org/10.1016/j.jpainsymman.2011.01.007	No	B - Intervention: not kinesiology (tool of the trade only)
Levitan, E.B., Wolk, A. & Mittleman, M.A. Fatty fish, marine omega-3 fatty acids and incidence of heart failure. European journal of clinical nutrition. 2010; 64(6): 587-594. https://doi.org/10.1038/eicn.2010.50	No	B - Intervention: not kinesiology (tool of the trade only)
Levitan, E.B., Wolk, A. & Mittleman, M.A. Fish consumption, marine omega-3 fatty acids, and incidence of heart failure: a population-based prospective study of middle-aged and elderly men. European heart journal. 2009; 30(12): 1495-1500. https://doi.org/10.1093/eurheartj/ehp111	No	B - Intervention: not kinesiology (tool of the trade only)
Li, J., Wang, Q., Liang, H., Dong, H., Li, Y., Ng, E.H.Y. & Wu, X. Biophysical Characteristics of Meridians and Acupoints: A Systematic Review Evidence-Based Complementary and Alternative Medicine,. 2012; 2012: Article 793841. https://doi.org/10.1155/2012/793841	No	B - Intervention: not kinesiology (tool of the trade only)
Limin, C., Cui, L., Senawin, S., Yuefei, L., Weijie, L., Wenqian, C., Linzeng, Y., Jiahao, Z., Ao, G., Zengquan, L. & Shining, G. Effects of Probiotics on Depressive or Anxiety Variables in Healthy Participants Under Stress Conditions or With a Depressive or Anxiety Diagnosis: A Meta-Analysis of Randomized Controlled Trials Frontiers in Neurology. 2020; 11: Article 421. https://doi.org/10.3389/fneur.2020.00421	No	B - Intervention: not kinesiology (tool of the trade only)
Liu, X.M., Liu, Y.J., Huang, Y., Yu, H.J., Yuan, S., Tang, B.W., Wang, P.G. & He, Q.Q. Dietary total flavonoids intake and risk of mortality from all causes and cardiovascular disease in the general population: A systematic review and meta-analysis of cohort studies. Molecular nutrition & food research. 2017; 61(6): . https://doi.org/10.1002/mnfr.201601003	No	B - Intervention: not kinesiology (tool of the trade only)
Michalak, J., Mischnat, J. & Teismann, T. Sitting Posture Makes a Difference- Embodiment Effects on Depressive Memory Bias. Clinical psychology & psychotherapy. 2014; 21: 519–524. https://doi.org/10.1002/cpp.1890	No	B - Intervention: not kinesiology (tool of the trade only)
Miguel-Alvaro, A. & Crespo, M. Imagery rescripting in the treatment of posttraumatic stress: Analysis and review Clinica y Salud. 2019; 30: 137-146. https://doi.org/10.5093/clvsa2019a19	No	B - Intervention: not kinesiology (tool of the trade only)

Miragall, M., Borrego, A., Cebolla, A., Etchemendy, E., Navarro-Siurana, J., Llorens, R., Blackwell, S.E. & Baños, R.M. Effect of an upright (vs. stooped) posture on interpretation bias, imagery, and emotions. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> . 2020; 68: Article 101560. https://doi.org/10.1016/j.jbtep.2020.101560	No	B - Intervention: not kinesiology (tool of the trade only)
Monson, E., Arney, D., Benham, B., Bird, R., Elias, E., Linden, K., McCord, K., Miller, C., Miller, T., Ritter, L. & Waggy, D. Beyond Pills: Acupressure Impact on Self-Rated Pain and Anxiety Scores Journal of alternative and complementary medicine (New York, N.Y.). 2019; 25(5): 517-521. https://doi.org/10.1089/acm.2018.0422	No	B - Intervention: not kinesiology (tool of the trade only)
Morina, N., Lancee, J. & Arntz, A. Imagery rescripting as a clinical intervention for aversive memories: A meta-analysis <i>Journal of Behavior Therapy and Experimental Psychiatry</i> . 2017; 55: 6-15. https://doi.org/10.1016/j.jbtep.2016.11.003	No	B - Intervention: not kinesiology (tool of the trade only)
Mustian, K.M., Roscoe, J.A., Palesh, O.G., Sprod, L.K., Heckler, C.E., Peppone, L.J., Usuki, K.Y., Ling, M.N., Brasacchio, R.A. & Morrow, G.R. Polarity Therapy for Cancer-Related Fatigue in Patients With Breast Cancer Receiving Radiation Therapy: A Randomized Controlled Pilot Study <i>Integrative Cancer Therapies</i> . 2011; 10: 27-37. https://doi.org/10.1177/1534735410397044	No	B - Intervention: not kinesiology (tool of the trade only)
Nelis, S.M., Thom, J.M., Jones, I.R., Hindle, J.V. & Clare, L. Goal-setting to Promote a Healthier Lifestyle in Later Life: Qualitative Evaluation of the AgeWell Trial <i>Clinical Gerontologist</i> . 2018; 41(4): 335-345. https://doi.org/10.1080/07317115.2017.1416509	No	B - Intervention: not kinesiology (tool of the trade only)
Nelms, J.A. & Castel, L. A Systematic Review and Meta-Analysis of Randomized and Nonrandomized Trials of Clinical Emotional Freedom Techniques (EFT) for the Treatment of Depression <i>Explore (NY)</i> .. Epub 2016 Aug 18. PMID: 27843054.. 2016; 12(6): 416-426. https://doi.org/10.1016/j.explore.2016.08.001	No	B - Intervention: not kinesiology (tool of the trade only)
Papalini, S., Michels, F., Kohn, N., Wegman, J., van Hemert, S., Roelofs, K., Arias-Vasquez, A. & Aarts, E. Stress matters: Randomized controlled trial on the effect of probiotics on neurocognition. <i>Neurobiology of Stress</i> . 2019; 10(100141): 2352-2895. https://doi.org/10.1016/j.nbs.2018.100141	No	B - Intervention: not kinesiology (tool of the trade only)
Park, Y., Brinton, L.A., Subar, A.F., Hollenbeck, A., & Schatzkin, A. Dietary fiber intake and risk of breast cancer in postmenopausal women: the National Institutes of Health-AARP Diet and Health Study. <i>The American journal of clinical nutrition</i> . 2009; 90(3): 664-671. https://doi.org/10.3945/ajcn.2009.27758	No	B - Intervention: not kinesiology (tool of the trade only)
Park, Y., Subar, A.F., Hollenbeck, A., & Schatzkin, A. Dietary fiber intake and mortality in the NIH-AARP diet and health study. <i>Archives of internal medicine</i> . 2011; 171(12): 1061-1068. https://doi.org/10.1001/archinternmed.2011.18	No	B - Intervention: not kinesiology (tool of the trade only)
Pinto, R., Pietropaoli, D., Monaco, A., Desideri, G., Ferri, C. & Grassi, D. Non-pharmacological Strategies Against Systemic Inflammation: Molecular Basis and Clinical Evidence. <i>Curr Pharm Des</i> . 2020; 26(22): 2620-2629. https://doi.org/10.2174/1381612826666200403122600	No	B - Intervention: not kinesiology (tool of the trade only)
Piper, S., Shearer, H.M., Côté, P., Wong, J.J., Yu, H., Varatharajan, S., Southerst, D., Randhawa, K.A., Sutton, D.A., Stupar, M., Nordin, M.C., Mior, S.A., van der Velde, G.M. & Taylor-Vaisey, A.L. The effectiveness of soft-tissue therapy for the management of musculoskeletal disorders and injuries of the upper and lower extremities: A systematic review by the Ontario Protocol for Traffic Injury management (OPTIMA) collaboration <i>Manual therapy</i> . 2016; 21: 18–34. https://doi.org/10.1016/j.math.2015.08.011	No	B - Intervention: not kinesiology (tool of the trade only)
Raikes, A.C., & Killgore, W.D. Potential for the development of light therapies in mild traumatic brain injury. <i>Concussion</i> . 2018; 3(3): CNC57. https://doi.org/10.2217/cnc-2018-0006	No	B - Intervention: not kinesiology (tool of the trade only)
Rice, S.M., Hickie, I.B., Yung, A.R., Mackinnon, A., Berk, M., Davey, C., Hermens, D.F., Hetrick, S.E., Parker, A.G., Schäfer, M.R., McGorry, P.D. & Amminger, G.P. Youth depression alleviation: the Fish Oil Youth Depression Study (YoDA-F): A randomized, double-blind, placebo-controlled treatment trial. <i>Early intervention in psychiatry</i> . 2016; 10(4): 290-299. https://doi.org/10.1111/eip.12166	No	B - Intervention: not kinesiology (tool of the trade only)
Rivas-Suárez, S.R., Águila-Vázquez, J., Suárez-Rodríguez, B. et al Exploring the Effectiveness of External Use of Bach Flower Remedies on Carpal Tunnel Syndrome: A Pilot Study <i>Journal of Evidence-Based Complementary & Alternative Medicine</i> .. 2017; 22(1): 18-24. https://doi.org/10.1177/2156587215610705	No	B - Intervention: not kinesiology (tool of the trade only)
Rouf, R., Uddin, S.J., Sarker, D.K., Islam, M.T., Ali, E.S., Shilpi, J.A., Nahar, L., Tiralongo, E. & Sarker, S.D. Antiviral potential of garlic (<i>Allium sativum</i>) and its organosulfur compounds: A systematic update of pre-clinical and clinical data. <i>Trends in food science & technology</i> . 2020; 104: 219-234. https://doi.org/10.1016/j.tifs.2020.08.006	No	B - Intervention: not kinesiology (tool of the trade only)
Smith, J.R. Comforting Touch in the Very Preterm Hospitalized Infant An Integrative Review. <i>Advances in Neonatal Care</i> . 2012; 12(6): 349-365. https://doi.org/10.1097/ANC.0b013e31826093ee	No	B - Intervention: not kinesiology (tool of the trade only)

Tabatabaeichehr, M., Mortazavi, H. The Effectiveness of Aromatherapy in the Management of Labor Pain and Anxiety: A Systematic Review Ethiopian journal of health science. 2020; 30(3): 449–458. https://doi.org/10.4314/ejhs.v30i3.16	No	B - Intervention: not kinesiology (tool of the trade only)
Tajalizadekhoob, Y., Sharifi, F., Fakhrzadeh, H., Mirarefin, M., Ghaderpanahi, M., Badamchizade, Z. & Azimipour, S. The effect of low-dose omega 3 fatty acids on the treatment of mild to moderate depression in the elderly: a double-blind, randomized, placebo-controlled study. Eur Arch Psychiatry Clin Neurosci . 2011; 261(8): 539-549. https://doi.org/10.1007/s00406-011-0191-9	No	B - Intervention: not kinesiology (tool of the trade only)
Tucker, L.A. & Thomas, K.S. Increasing total fiber intake reduces risk of weight and fat gains in women. The Journal of nutrition. 2009; 139(3): 576-581. https://doi.org/10.3945/in.108.096685	No	B - Intervention: not kinesiology (tool of the trade only)
Vagharseyyedin, S.A., Salmabadi, M., BahramiTaghanaki, H. & Riyasi, H. The impact of self-administered acupressure on sleep quality and fatigue among patients with migraine: A randomized controlled trial Complementary Therapies in Clinical Practice. 2019; 35: 374–380. https://doi.org/10.1016/j.ctcp.2018.10.011	No	B - Intervention: not kinesiology (tool of the trade only)
Van Den Dolder, P.A., Ferreira, P.H. & Refshauge, K.M. Effectiveness of soft tissue massage and exercise for the treatment of non-specific shoulder pain: a systematic review with meta-analysis British journal of sports medicine. 2014; 48(16): 1216-1226. http://dx.doi.org/10.1136/bisports-2011-090553	No	B - Intervention: not kinesiology (tool of the trade only)
van Schagen, A.M., Lancee, J., Spoormaker, V.I. & van den Bout, J. Long-term treatment effects of imagery rehearsal therapy for nightmares in a population with diverse psychiatric disorders International Journal of Dream Research. 2016; 9: 67-70. https://psycnet.apa.org/record/2016-42018-009	No	B - Intervention: not kinesiology (tool of the trade only)
Veenstra, L., Schneider, I.K. & Koole, S.L. Embodied mood regulation: the impact of body posture on mood recovery, negative thoughts, and mood-congruent recall. Cognition and Emotion. 2017; 31(7): 1361-1376. https://doi.org/10.1080/02699931.2016.1225003	No	B - Intervention: not kinesiology (tool of the trade only)
Waits, A., Tang, Y.R., Cheng, H.M., Tai, C.J. & Chien, L.Y. Acupressure effect on sleep quality: A systematic review and meta-analysis Sleep Med Rev . 2018; 37: 24-34. https://doi.org/10.1016/i.smr.2016.12.004	No	B - Intervention: not kinesiology (tool of the trade only)
Waits, A., Tang, Y-R., Cheng, H-M., Tai, C-J. & Chien, L-Y. Acupressure effect on sleep quality: A systematic review and meta-analysis Sleep Medicine Reviews. 2018; 37: 24-34. https://doi.org/10.1016/i.smr.2016.12.004	No	B - Intervention: not kinesiology (tool of the trade only)
Xing, L-Y., Qu, L-X., Chen, H. & Gao, S. Clinical observation on acupressure at Jiaji points for irritable bowel syndrome Zhongguo zhen jiu = Chinese acupuncture & moxibustion. 2013; 33(8): 739-742. PMID: 24195220	No	B - Intervention: not kinesiology (tool of the trade only)
Yágüez, L. et al The effects on cognitive functions of a movement-based intervention in patients with Alzheimer's type dementia: a pilot study Geriatric Psychiatry. 2010; 26(2): 173-181. https://doi.org/10.1002/gps.2510	No	B - Intervention: not kinesiology (tool of the trade only)
Yang, Y., Wen, J. & Hong, J. The Effects of Auricular Therapy for Cancer Pain: A Systematic Review and Meta-Analysis Evidence-based Complementary and Alternative Medicine. 2020; 2020: Article 1618767. https://doi.org/10.1155/2020/1618767	No	B - Intervention: not kinesiology (tool of the trade only)
Yeh, C.H., Chien, L-C., Chiang, Y.C., Ren, D. & Suen, L.K-P. Auricular Point Acupressure as an Adjunct Analgesic Treatment for Cancer Patients: A Feasibility Study Pain Management Nursing. 2015; 16(3): 285-293. https://doi.org/10.1016/i.omn.2014.08.005	No	B - Intervention: not kinesiology (tool of the trade only)
Yeung, W-F., Chung, K-F., Poon, M.M-K., Ho, F.Y-Y., Zhang, S-P., Zhang, Z-J., Ziea, E.T-C. & Wong, V.T. Acupressure, reflexology, and auricular acupressure for insomnia: a systematic review of randomized controlled trials Sleep Medicine . 2012; 13(8): 971–984. https://doi.org/10.1016/i.sleep.2012.06.003	No	B - Intervention: not kinesiology (tool of the trade only)
Monti, D.A., Sinnott, J., Marchese, M. et al Muscle Test Comparisons of Congruent and Incongruent Self-Referential Statements Perceptual and Motor Skills. 1999; 88(3): 1019-1028. https://doi.org/10.2466/oms.1999.88.3.1019	No	B - Irrelevant: ineligible (DTA study)
Grünenberg, K., Hillersdal, L., Walker, H.K. & Boelsbjerg, H.B. Doing Wholeness, Producing Subjects: Kinesiological Sensemaking and Energetic Kinship Body and Society. 2013; 19(4): 92-119. https://doi.org/10.1177/1357034X13479146	No	B - Publication type: ineligible
Dubois, J., Scala, E., Faouzi, M. et al Chronic low back pain patients' use of, level of knowledge of and perceived benefits of complementary medicine: a cross-sectional study at an academic pain center BMC Complementary and Alternative Medicine . 2017; 17: Article 193. https://doi.org/10.1186/s12906-017-1708-1	No	B - Study design: ineligible
Jensen, A.M. Emerging from the Mystical: rethinking muscle response testing (MRT) as an Ideomotor effect Energy Psychology. 2018; 10(2): 13-27.	No	B - Study design: ineligible (DTA study)
Jensen, A.M., Stevens, R.J. & Burls, A.J. Estimating the accuracy of muscle response testing: two randomised-order blinded studies'. BMC Complementary and Alternative Medicine. 2016; 16(1): Article 492. 10.1186/s12906-016-1416-2	Yes	B - Study design: ineligible (DTA study)
Jensen, A.M., Stevens, R.J. & Burls, A.J. Investigating the validity of muscle response testing: Blinding the patient using subliminal visual stimuli Advances in Integrative Medicine. 2020; 7(1): 29-38. https://doi.org/10.1016/j.aimed.2019.04.002	Yes	B - Study design: ineligible (DTA study)

Jensen, A.M., Stevens, R.J. & Burls, A.J. Muscle testing for lie detection: Grip strength dynamometry is inadequate. <i>European Journal of Integrative Medicine</i> . . 2018; 17: 16-21. https://doi.org/10.1016/j.eujim.2017.11.001	Yes	B - Study design: ineligible (DTA study)
Jensen, A.M., Stevens, R.J. & Burls, A.J. The Impact of using emotionally arousing stimuli on muscle response testing (MRT) accuracy <i>Complementary Medicine Research</i> . 2019; 26(5): 301-309. https://doi.org/10.1159/000497188	Yes	B - Study design: ineligible (DTA study)
Cancela, J.M., Vila Suárez, M.H., Vasconcelos, J., Lima, A. & Ayán, C. Efficacy of Brain Gym Training on the Cognitive Performance and Fitness Level of Active Older Adults: A Preliminary Study <i>Journal of Aging and Physical Activity</i> . 2015; 23(4): 653–8. https://doi.org/10.1123/japa.2014-0044	No	C - Intervention: not energy/specialised kinesiology
Eardley, S., Brien, S., Little, P., Prescott, P. & Lewith, G. Professional kinesiology practice for chronic low back pain: single-blind, randomised controlled pilot study. <i>Forschende Komplementarmedizin</i> . 2013; 20(3): 180-8. https://doi.org/10.1159/000346291	Yes	D - Included at Extraction

Appendix C3. Citation details of studies awaiting assessment [Kinesiology]

Study ID	Reference	Reason for awaiting assessment
Eardley, S	A pragmatic randomised controlled pilot study of Professional Kinesiology Practice for chronic and recurrent low back pain with initial feasibility study. European Journal of Integrative Medicine. 2010; 2(4) 189. doi: https://dx.doi.org/10.1016/j.eujim.2010.09.037	reported in abstract only (unclear if linked to included study Eardley 2013, or earlier pilot study)
Kampanaros 2010	Kampanaros, D.; Weber, I. L.; Endler, P. C. Conventional and complementary interventions and cognitive performance in old age. European Journal of Integrative Medicine. 2010; 2(4) 264. doi: https://dx.doi.org/10.1016/j.eujim.2010.09.194	reported in abstract only
Mager 2010	Mager, S.; Weber, I. L.; Endler, P. C. Bone marrow transplant leukaemia patients and kinesiological muscle balance through Touch for Health. European Journal of Integrative Medicine. 2010; 2(4) 259-260. doi: https://dx.doi.org/10.1016/j.eujim.2010.09.184	reported in abstract only