

## **S1 Appendix. Search strategy example in Medline.**

1. (exert\*[tw]) OR (exercis\*[tw]) OR (physical activi\*[tw]) OR (physical fitn\*[tw]) OR (sport\*[tw]) OR (motor activ\*[tw])
2. (walk\*[tw]) OR (jog[tw]) OR (swim\*[tw]) OR (cycl\*[tw]) OR (run[tw]) OR (jogging[tw]) OR (running[tw])
3. (weight lift\*[tw]) OR (strength train\*[tw]) OR (resistance train\*[tw]) OR (circuit train\*[tw]) OR (weight train\*[tw]) OR (aerobic train\*[tw]) OR (cardio train\*[tw]) OR (aerob\*[tw]) OR (HIIT[tw]) OR (biking[tw])
4. "exercise"[MeSH Terms] OR "physical education and training"[MeSH Terms] OR "education"[MeSH Terms] OR "physical fitness"[MeSH Terms] OR "sports"[MeSH Terms] OR "physical exertion"[MeSH Terms] OR "motor activity"[MeSH Terms]
5. 1 OR 2 OR 3 OR 4
6. (randomized controlled trial[pt] OR controlled clinical trial[pt] OR randomized[tiab] OR randomised[tiab] OR placebo[tiab] OR clinical trials as topic[mesh:noexp] OR randomly[tiab] OR trial[tj] NOT (animals[mh] NOT humans [mh]))
7. (epidemiologic studies[MeSH Terms]) OR (case control studies[MeSH Terms]) OR (cohort studies[MeSH Terms]) OR (cross-sectional stud\*[MeSH Terms]) OR (case control[tw]) OR (cohort stud\*[tw]) OR (cohort analy\*[tw]) OR (follow up stud\*[tw]) OR (observational stud\*[tw]) OR (longitudinal[tw]) OR (retrospective[tw]) OR (cross sectional[tw]) OR (follow-up[tw]) OR (followup[tw])
8. 6 OR 7
9. (GCC[tw]) OR (gulf cooperation council[tw]) OR (Gulf countr\*[tw]) OR (Oil producing countr\*[tw]) OR (United Arab Emirates[tw]) OR (uae[tw]) OR (oman[tw]) OR (bahrain[tw]) OR (qatar[tw]) OR (saudi arabia[tw]) OR (ksa[tw]) OR (kuwait[tw]) OR (gulf arabi\*) OR (gulf persian) OR (arabian peninsula)
10. 5 AND 8 AND 9