

S2 Appendix.

Reason 1: No primary outcomes (physical activity level) reported

1. Abdelbasset WK, Tantawy SA, Kamel DM, Alqahtani BA, Elnegamy TE, Soliman GS, Ibrahim AA: Effects of high-intensity interval and moderate-intensity continuous aerobic exercise on diabetic obese patients with nonalcoholic fatty liver disease: A comparative randomized controlled trial. *Medicine* 2020, 99(10):1-6
2. Alghafri TS, Al Harthi SM, Al-Ajmi F, Al-Farsi Y, Craigie AM, Bannerman E, Anderson AS: Acceptability of the "MOVEdiabetes" physical activity intervention in diabetes primary care settings in Oman: findings from participants and practitioners. *BMC Public Health* 2020, 20(1):1-10.
3. Al-Ghafri TS, Al-Harthi SM, Al-Farsi Y, Craigie AM, Bannerman E, Anderson AS: Perceived Changes in General Well-being: Findings from the 'MOVEdiabetes' Physical Activity Randomized Control Trial. *Oman Medical Journal* 2020, 35(4):44-55.
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12. Alfawaz HA, Al-Daghri NM: Significant reduction in full metabolic syndrome in Saudi subjects with elevated fasting glucose through an intensive lifestyle monitoring programme of 12 months. *FASEB journal* 2018, 32(1).
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Reason 2: Study protocols

1. Alghafri TS, Alharthi SM, Al Farsi YM, Craigie AM, McLeod M, Anderson AS: Study protocol for "MOVEdiabetes": a trial to promote physical activity for adults with type 2 diabetes in primary health care in Oman. *BMC Public Health* 2017, 17(1):1-7.

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6. Nct: A Workplace Exercise Intervention in Dubai to Improve Cardio-metabolic Health. <https://clinicaltrials.gov/show/NCT04403789> 2020.
7. Isrctn: An intervention examining the effect of an intensive lifestyle intervention consisting of a low energy diet and physical activity on weight loss in subjects with early type 2 diabetes.
8. Isrctn: The role of text messages in helping people to change to a healthy lifestyle to stop them from getting diabetes type 2. <http://www.who.int/trialssearch/Trial2.aspx?TrialID=ISRCTN10857643> 2018.
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Reason 3: Wrong population

1. Bhargava K: Aerobic plus resistance training was more effective than either alone for reducing HbA1c levels in type 2 diabetes. ACP Journal Club 2008, 148(2):36-36.
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5. Falkowski G, Knigge H, Montiel G, Wilke C, Pieper S, Wehner S, Weber K, Frobose I, Struder H, Predel HG: Effects of a 20-week stamina training on the physical performance and

- anthropometric and metabolic parameters in older, overweight/obese, inactive men. *Deutsche zeitschrift fur sportmedizin* 2007, 58(7):279.
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16. Abdelbasset WK, Tantawy SA, Kamel DM, Alqahtani BA, Soliman GS: A randomized controlled trial on the effectiveness of 8-week high-intensity interval exercise on intrahepatic triglycerides, visceral lipids, and health-related quality of life in diabetic obese patients with nonalcoholic fatty liver disease. *Medicine* 2019, 98(12):e14918.
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18. Lari H, Tahmasebi R, Noroozi A: Effect of electronic education based on health promotion model on physical activity in diabetic patients. *Diabetes & metabolic syndrome* 2018, 12(1):45-50.
19. Sanaeinasab H, Saffari M, Dashtaki MA, Pakpour AH, Karimi Zarchi A, O'Garo KN, Koenig HG: A Theory of Planned Behavior-Based Program to Increase Physical Activity in Overweight/Obese Military Personnel: A Randomised Controlled Trial. *Applied psychology Health and well-being* 2020, 12(1):101-124.

Reason 4: No sufficient information to be assessed

1. Al-Ajlan AR, Mehdi SR. Effects and a dose response relationship of physical activity to high density lipoprotein cholesterol and body mass index among Saudis. *Saudi Med J.* 2005 Jul;26(7):1107-11. PMID: 16047063.
2. Van der Walt M, Sayegh S, Al-Kuwari M. Effectiveness of a One-Month Pedometer-Based Intervention Challenge on Physical Activity Levels at the Workplace in Qatar: A Cohort Study. *Journal of Aging and Physical Activity - Volume 24, Issue 0, pp. S110-S110.*

Reason 5: No physical activity intervention

1. Armitage CJ, Alganem S, Norman P. Randomized Controlled Trial of a Volitional Help Sheet to Encourage Weight Loss in the Middle East. *Prev Sci.* 2017 Nov;18(8):976-983. doi: 10.1007/s11121-017-0807-z. PMID: 28643134; PMCID: PMC5636872.
2. Al-Arifi MN, Al-Omar HA: Impact of a multidisciplinary intensive education program on type 2 diabetes mellitus patients' glycemic control and cardiovascular risk factors. *Saudi medical journal* 2018, 39(7):705-710.
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Reason 6: Narrative review

1. Evans CE, Albar SA, Vargas-Garcia EJ, Xu F: School-Based Interventions to Reduce Obesity Risk in Children in High- and Middle-Income Countries. *Advances in food and nutrition research* 2015, 76:29-77.
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Reason 7: No clear report of PA change

1. Al Saweer A, Salehi S, Al Tiho M, Alekri A, Al Hawaj H, Al Zayani S: Workplace health initiatives. *Bahrain Medical Bulletin* 2017, 39(4):216-219.
2. Mokabel FM, Aboulazm SF, Hassan HE, et al. The efficacy of a diabetic educational program and predictors of compliance of patients with noninsulin-dependent (type 2) diabetes mellitus in Al-Khobar, Saudi Arabia. *J Family Community Med* 2017;24(3):164-72