	.	Criteria												
Year, triai	Intervention	1	2	3	4	5	6	7	8	9	10	11	12	Score
I' (1511-2024	Adjunct	2	2	2	2	0	2	0	2	2	0	0	0	14
Jing et al.[1] 2024	Exercise	2	2	0	2	2	0	0	2	2	0	0	0	12
Albornoz-Cabello	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
et al.[2] 2023	Exercise	2	2	2	2	2	1	0	2	0	0	0	0	13
Lee et al [3] 2023	Adjunct	2	2	2	2	2	2	2	0	0	0	0	0	14
Lee et al.[5] 2025	Exercise	2	2	1	0	0	1	2	1	2	0	2	0	13
My et al [4] 2023	Adjunct	0	1	1	2	0	1	0	2	0	0	0	0	7
	Exercise	0	1	1	2	2	0	0	2	0	0	0	0	8
,Şahan et al.[5]	Adjunct	2	2	1	2	2	2	2	0	0	0	0	0	13
2023	Exercise	0	0	1	2	2	2	2	1	0	0	0	0	10
Songur et al.[6]	Adjunct	2	2	1	2	0	2	0	2	0	0	0	0	11
2023	Exercise	0	2	1	0	0	1	1	1	0	0	0	0	6
Anwar et al.[7]	Adjunct	2	2	2	2	0	2	2	2	0	0	0	0	14
2022	Exercise	0	0	2	2	0	0	2	2	0	0	0	0	8
Basbug et al.[8]	Adjunct	2	2	2	2	0	2	0	2	0	0	0	0	12
2022	Exercise	2	2	2	2	2	2	2	1	0	0	2	0	17
Constantinou et	Adjunct	2	2	2	2	2	2	2	2	2	0	0	2	20
al.[9] 2022	Exercise	2	2	2	2	2	2	2	2	2	2	0	2	22
Qayyum et al.[10]	Adjunct	2	2	1	2	0	0	0	2	0	0	0	0	9
2022	Exercise	0	0	1	2	0	0	0	2	0	0	0	0	5
Rodrigues et	Adjunct	2	2	2	2	0	2	2	2	0	0	0	0	14
al.[11] 2022	Exercise	0	2	2	2	0	2	2	2	2	0	0	0	14
Wu et al.[12]	Adjunct	2	2	2	2	0	2	2	2	2	0	0	0	16
2022	Exercise	2	2	2	2	0	1	2	2	2	0	0	0	15
Aghakeshizadeh	Adjunct	2	2	2	2	2	2	0	2	2	0	0	2	18
et al.[13] 2021	Exercise	0	2	2	1	2	2	0	2	2	0	0	2	15
Bagheri et al.[14]	Adjunct	2	2	2	2	2	2	2	2	2	0	0	2	20
2021	Exercise	2	2	2	2	2	1	2	2	2	0	0	2	19
Fatimah et al.[15]	Adjunct	2	2	2	2	0	2	2	2	0	0	0	0	14
2021	Exercise	0	1	2	2	0	1	2	2	0	0	0	0	10

Table 1. Template for intervention description and replication (TIDieR) checklist score

			-	-	-	-	-	0	-	0	0	0	0	1.4
Albornoz-Cabello	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
et al.[16] 2020	Exercise	0	2	2	1	0	2	2	2	0	0	0	0	11
Arrebola et al.[17]	Adjunct	2	2	2	2	2	2	2	2	0	0	0	2	18
2020	Exercise	2	2	0	2	2	1	2	2	0	0	0	2	15
Celik et al.[18]	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
2020	Exercise	2	2	1	1	2	1	1	2	0	0	0	0	12
Ma et al [10] 2020	Adjunct	2	2	2	2	2	2	0	0	0	0	0	0	12
Wia et al.[19] 2020 =	Exercise	0	2	2	2	0	0	0	1	0	0	0	0	7
Rasti et al.[20]	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
2020	Exercise	2	2	2	2	2	1	0	2	0	0	0	0	13
Talbot et al.[21]	Adjunct	2	0	2	2	0	2	2	2	2	0	2	0	16
2020	Exercise	0	0	0	0	0	0	2	0	0	0	2	0	4
Zarei et al.[22]	Adjunct	2	2	2	2	2	2	2	2	0	0	0	0	16
2020	Exercise	0	0	2	2	2	2	2	2	2	0	0	0	14
Yañez-Álvarez et	Adjunct	2	2	2	2	2	2	2	2	2	0	0	0	18
al.[23] 2020	Exercise	2	2	2	2	2	2	2	2	2	0	0	0	18
Glaviano et	Adjunct	2	2	2	2	2	2	2	2	0	0	2	2	20
al.[24] 2019	Exercise	0	2	2	2	2	1	2	2	2	0	2	2	19
Nouri et al.[25]	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
2019	Exercise	0	2	2	2	0	2	0	2	0	0	2	0	12
Corum et al.[26]	Adjunct	2	2	2	2	0	2	2	2	0	0	0	0	14
2018	Exercise	0	2	2	2	0	2	2	1	0	0	0	0	11
Ghourbanpour et	Adjunct	2	2	1	0	0	2	0	2	0	0	0	0	9
al.[27] 2018	Exercise	0	1	0	0	0	0	0	1	0	0	0	0	2
Sutlive et al.[28]	Adjunct	2	2	2	2	0	2	0	2	0	0	0	0	12
2018	Exercise	0	1	2	1	0	2	2	1	0	0	0	0	9
Giles et al.[29]	Adjunct	2	2	2	2	2	2	0	2	2	0	2	0	18
2017	Exercise	2	2	2	2	2	2	0	2	2	0	2	0	18
Günay et al.[30]	Adjunct	2	2	2	2	2	2	2	1	0	0	0	0	15
2017	Exercise	0	2	0	1	2	1	2	1	0	0	0	0	9
Iammarrone et	Adjunct	2	2	2	2	2	2	2	2	0	0	2	0	18
al.[31] 2016	Exercise	0	2	2	0	2	2	2	2	2	0	2	0	16
	Adjunct	2	2	2	2	2	2	2	2	2	0	0	0	18

Petersen et al.[32]	Evereise	2	2	0	0	0	1	1	1	2	0	0	0	0
2016	LACICISC	2	2	U	0	U	1	1	1	2	0	U	0)
Telles et al.[33]	Adjunct	2	1	2	2	2	2	0	2	2	0	0	0	15
2016	Exercise	0	1	2	2	2	1	0	2	2	0	0	0	12
Akbaş et al.[34]	Adjunct	2	2	0	0	0	2	0	2	2	0	0	0	10
2011	Exercise	2	2	0	0	0	2	2	1	0	0	0	0	9
Mousavi et al.[35]	Adjunct	2	1	2	2	0	1	2	2	0	0	0	0	12
2011	Exercise	2	1	2	2	0	1	2	2	0	0	0	0	12
Bily et al.[36]	Adjunct	2	2	2	2	2	2	0	2	2	0	2	0	18
2008	Exercise	2	2	2	2	2	2	0	2	2	0	2	0	18
Oi et al [37] 2007	Adjunct	0	2	2	2	2	2	2	2	0	0	0	0	14
	Exercise	2	0	0	1	2	2	2	2	2	0	0	0	13
Denton et al.[38]	Adjunct	2	2	2	2	0	2	2	2	2	0	0	0	16
2005	Exercise	0	1	2	2	0	1	2	2	2	0	0	0	12
Lun et al.[39]	Adjunct	2	1	2	2	0	2	2	2	0	0	2	0	15
2005	Exercise	0	1	2	2	0	2	2	2	2	0	2	0	15
Whittingham et	Adjunct	2	2	1	2	2	2	2	2	2	0	0	0	17
al.[40] 2004	Exercise	0	2	2	2	2	1	2	2	2	2	0	0	17
Dursun et al.[41]	Adjunct	2	2	2	2	0	2	2	2	0	0	0	0	14
2001	Exercise	2	2	0	1	2	1	2	1	0	0	0	0	11
Tunay et al.[42]	Adjunct	0	0	0	0	0	0	0	1	0	0	0	0	1
2003	Exercise	0	0	0	0	0	2	2	1	0	0	0	0	5
Akarcali et al.[43]	Adjunct	2	0	1	1	0	0	0	2	2	0	0	0	8
2002	Exercise	0	0	1	1	0	0	0	1	2	0	0	0	5
Clark et al.[44]	Adjunct	0	1	0	2	2	2	0	2	2	0	0	0	11
2000	Exercise	0	1	2	1	2	1	0	1	0	0	2	0	10
Eng et al.[45]	Adjunct	2	2	2	2	2	2	2	2	0	0	0	0	16
1993	Exercise	0	0	2	2	0	1	2	2	0	0	2	0	11

Note: 0=not reported; 1=partially reported; 2=adequately reported.

The description of the interventions was rated as good ($\geq 21/24$), moderate (18-20/24) or poor ($\leq 17/24$).

Criteria

1. Brief name: provide the name or a phrase that described the intervention.

2. Why: describe any rationale, theory, or goal of the elements essential to the intervention.

3. What (materials): describe any physical or information materials used in the intervention, including those provided to participants or used in intervention delivery or in training of intervention providers; Provide information on where the materials can be accessed (e.g. online appendix, URL).

4. What (procedures): describe each of the procedures, activities, and/or processes used in the intervention, including any enabling or support activities.

11. How well (planned): if intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them.

12. How well (actual): if intervention adherence or fidelity was assessed, describe the extent to which the intervention was delivered as planned.

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^{5.} Who provided: for each category of intervention provider (e.g. psychologist, nursing assistant), describe their expertise, background and any specific training given.

^{6.} How: describe the modes of delivery (such as face to face or by some other mechanism, such as internet or telephone) of the intervention and; whether it was provided individually or in a group.

^{7.} Where: describe the type(s) of location(s) where the intervention occurred, including any necessary infrastructure or relevant features. 8. When and how much: describe the number of times the intervention was delivered and over what period of time including: the number of sessions; their schedule; their duration; intensity or dose.

^{9.} Tailoring: if the intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how.

^{10.} Modifications: if the intervention was modified during the course of the study, describe the changes (what, why, when, and how).

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