

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

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

Albornoz-Cabello et al.[16] 2020	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
	Exercise	0	2	2	1	0	2	2	2	0	0	0	0	11
Arrebola et al.[17] 2020	Adjunct	2	2	2	2	2	2	2	2	0	0	0	2	18
	Exercise	2	2	0	2	2	1	2	2	0	0	0	2	15
Celik et al.[18] 2020	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
	Exercise	2	2	1	1	2	1	1	2	0	0	0	0	12
Ma et al.[19] 2020	Adjunct	2	2	2	2	2	2	0	0	0	0	0	0	12
	Exercise	0	2	2	2	0	0	0	1	0	0	0	0	7
Rasti et al.[20] 2020	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
	Exercise	2	2	2	2	2	1	0	2	0	0	0	0	13
Talbot et al.[21] 2020	Adjunct	2	0	2	2	0	2	2	2	2	0	2	0	16
	Exercise	0	0	0	0	0	0	2	0	0	0	2	0	4
Zarei et al.[22] 2020	Adjunct	2	2	2	2	2	2	2	2	0	0	0	0	16
	Exercise	0	0	2	2	2	2	2	2	2	0	0	0	14
Yañez-Álvarez et al.[23] 2020	Adjunct	2	2	2	2	2	2	2	2	2	0	0	0	18
	Exercise	2	2	2	2	2	2	2	2	2	0	0	0	18
Glaviano et al.[24] 2019	Adjunct	2	2	2	2	2	2	2	2	0	0	2	2	20
	Exercise	0	2	2	2	2	1	2	2	2	0	2	2	19
Nouri et al.[25] 2019	Adjunct	2	2	2	2	2	2	0	2	0	0	0	0	14
	Exercise	0	2	2	2	0	2	0	2	0	0	2	0	12
Corum et al.[26] 2018	Adjunct	2	2	2	2	0	2	2	2	0	0	0	0	14
	Exercise	0	2	2	2	0	2	2	1	0	0	0	0	11
Ghourbanpour et al.[27] 2018	Adjunct	2	2	1	0	0	2	0	2	0	0	0	0	9
	Exercise	0	1	0	0	0	0	0	1	0	0	0	0	2
Sutlive et al.[28] 2018	Adjunct	2	2	2	2	0	2	0	2	0	0	0	0	12
	Exercise	0	1	2	1	0	2	2	1	0	0	0	0	9
Giles et al.[29] 2017	Adjunct	2	2	2	2	2	2	0	2	2	0	2	0	18
	Exercise	2	2	2	2	2	2	0	2	2	0	2	0	18
Günay et al.[30] 2017	Adjunct	2	2	2	2	2	2	2	1	0	0	0	0	15
	Exercise	0	2	0	1	2	1	2	1	0	0	0	0	9
Iammarrone et al.[31] 2016	Adjunct	2	2	2	2	2	2	2	2	0	0	2	0	18
	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] 2016	Exercise	2	2	0	0	0	1	1	1	2	0	0	0	9
Telles et al.[33] 2016	Adjunct	2	1	2	2	2	2	0	2	2	0	0	0	15
	Exercise	0	1	2	2	2	1	0	2	2	0	0	0	12
Akbaş et al.[34] 2011	Adjunct	2	2	0	0	0	2	0	2	2	0	0	0	10
	Exercise	2	2	0	0	0	2	2	1	0	0	0	0	9
Mousavi et al.[35] 2011	Adjunct	2	1	2	2	0	1	2	2	0	0	0	0	12
	Exercise	2	1	2	2	0	1	2	2	0	0	0	0	12
Bily et al.[36] 2008	Adjunct	2	2	2	2	2	2	0	2	2	0	2	0	18
	Exercise	2	2	2	2	2	2	0	2	2	0	2	0	18
Qi 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] 2005	Adjunct	2	2	2	2	0	2	2	2	2	0	0	0	16
	Exercise	0	1	2	2	0	1	2	2	2	0	0	0	12
Lun et al.[39] 2005	Adjunct	2	1	2	2	0	2	2	2	0	0	2	0	15
	Exercise	0	1	2	2	0	2	2	2	2	0	2	0	15
Whittingham et al.[40] 2004	Adjunct	2	2	1	2	2	2	2	2	2	0	0	0	17
	Exercise	0	2	2	2	2	1	2	2	2	2	0	0	17
Dursun et al.[41] 2001	Adjunct	2	2	2	2	0	2	2	2	0	0	0	0	14
	Exercise	2	2	0	1	2	1	2	1	0	0	0	0	11
Tunay et al.[42] 2003	Adjunct	0	0	0	0	0	0	0	1	0	0	0	0	1
	Exercise	0	0	0	0	0	2	2	1	0	0	0	0	5
Akarcali et al.[43] 2002	Adjunct	2	0	1	1	0	0	0	2	2	0	0	0	8
	Exercise	0	0	1	1	0	0	0	1	2	0	0	0	5
Clark et al.[44] 2000	Adjunct	0	1	0	2	2	2	0	2	2	0	0	0	11
	Exercise	0	1	2	1	2	1	0	1	0	0	2	0	10
Eng et al.[45] 1993	Adjunct	2	2	2	2	2	2	2	2	0	0	0	0	16
	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).

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