

Vedlegg

Vedlegg 1: Søkeord, synonymer og MeSH-ord

Hovedbegrep (norsk)	Søkeord engelsk				Antall treff på hovedbegrep i databasene (11.11.2021)		
	Query		Expanders/MeSH-ord		Medliner	Embase	AMED
Eldre (3)	(1)	(elderly or senior or older adult or geriatric or old people or older-age or aged).mp.	(2)	(exp Aged/ or exp Humans/ or exp Aging/ or exp Geriatrics/)	20 134 396	23 134 185	164 328
	(3) 1 or 2						
Sedat (6)	(4)	(sedentary behaviour or sedentary lifestyle or prolonged sitting or sedentary time).mp.	(5)	(exp Sedentary/ exp Behavior/ or exp Exercise/ or exp Humans/)	19 919 762	22 966 899	158 991
	(6) 4 or 5						
Hjemmeboende (9)	(7)	(living at home or independent living).mp.	(8)	(exp Humans/ or exp Aged/ or exp «Activities of Daily Living»/ or exp Humans/ or exp Independent/ exp Living/)	19 891 287	22 968 560	162 566
	(9) 7 or 8						
Fysisk aktivitet/fysisk inaktivitet (12)	(10)	(physical activity or physical inactivity).mp.	(11)	(exp Exercise/ or exp Sedentary/ exp Behavior/)	301 800	561 233	13 135
	(12) 10 or 11						
Livskvalitet (15)	(13)	(quality of life).mp.	(14)	(exp «Quality of Life»/)	390 776	675 928	14 568
	(15) 13 or 14						
Intervensjon (18)	(16)	(Intervention).mp.	(17)	(exp Early Intervention, Educational/ or exp Early Medical Intervention/)	705 669	1 089 821	18 842
	(18) 16 or 17						
Akselerometer (21)	(19)	(accelerometer).mp.	(20)	(exp Accelerometry/)	19060	25 305	558
	(21) 19 or 20						
Sykehjem (22)			(22)	(exp Nursing Homes/)	42 049	56 017	1 050
Søkestreng	(Eldre (3) AND sedat (6) AND hjemmeboende (9) AND fysisk aktivitet/fysisk inaktivitet (12) AND livskvalitet (15) AND intervensjon (18) AND akselerometer (21)) NOT sykehjem (22)				219	441	2
Avgrensninger	english language yr=»2015 - 2022») randomized controlled trial «all aged (65 and over)»/aged <65+ years>				45	75	0*

* Ikke mulig å avgrense deltakernes alder eller til metode RCT

Vedlegg 2: Søkehistorikk i Medline

Søk 1: Orienterende søk (30.09.2021)

#	Query	Results
1	exp Aged/ or physical activity.mp. or exp Humans/	19,736,975
2	elderly.mp. or exp Aged/	3,380,700
3	exp Female/ or exp Humans/ or exp Aged/ or living at home.mp. or exp «Activities of Daily Living»/ or exp Male/	21,889,169
4	limit 3 to («all aged (65 and over)» or «aged (80 and over)»)	3,308,194
5	1 and 2 and 3 and 4	3,308,194
6	motivation.mp. or exp Motivation/	229,828
7	5 and 6	17,956
8	limit 7 to yr=>2010 - 2022»	10,274
9	7 and 8	10,274
10	quality of life.mp. or exp «Quality of Life»/	387,048
11	9 and 10	1,043

Søk 2: 23.10.2021

#	Query	Results
1	elderly.mp. or exp Aged/	3,389,542
2	senior.mp. or exp Humans/ or exp Aged/ or exp Aging/	19,893,672
3	exp Aged/ or exp Aging/ or exp Humans/ or older adult.mp.	19,887,265
4	exp Humans/ or exp Aged/ or exp Geriatrics/ or geriatric.mp.	19,807,390
5	exp Adult/ or exp Aged/ or exp Humans/ or old people.mp. or exp Aging/	19,886,173
6	exp Humans/ or exp Aged/ or older-age.mp.	19,802,385
7	1 or 2 or 3 or 4 or 5 or 6	19,947,850
8	limit 7 to («all aged (65 and over)» or «aged (80 and over)»)	3,316,979
9	exp Humans/ or exp Sedentary Behavior/ or sedentary behaviour.mp. or exp Exercise/	19,823,188
10	sedentary lifestyle.mp. or exp Sedentary Behavior/	14,925
11	exp Exercise/ or exp Humans/ or exp Sedentary Behavior/ or prolonged sitting.mp.	19,822,912
12	exp Humans/ or exp Aged/ or living at home.mp. or exp «Activities of Daily Living»/	19,795,758
13	9 or 10 or 11 or 12	19,826,245
14	quality of life.mp. or exp «Quality of Life»/	388,698
15	exp «Activities of Daily Living»/	110,890
16	8 and 13	3,316,979
17	14 and 15 and 16	11,946
18	motivation.mp. or exp Motivation/	230,552
19	17 and 18	324
20	nursing home.mp. or exp Home Nursing/	33,021
21	19 not 20	307

Søk 3: 03.11.2021

#	Query	Results
1	elderly.mp. or exp Aged/	3,397,800
2	senior.mp. or exp Humans/ or exp Aged/ or exp Aging/	19,968,672
3	exp Aged/ or exp Aging/ or exp Humans/ or older adult.mp.	19,962,305
4	exp Humans/ or exp Aged/ or exp Geriatrics/ or geriatric.mp.	19,882,165
5	exp Adult/ or exp Aged/ or exp Humans/ or old people.mp. or exp Aging/	19,961,275
6	exp Humans/ or exp Aged/ or older-age.mp.	19,877,211
7	1 or 2 or 3 or 4 or 5 or 6	20,022,111
8	limit 7 to («all aged (65 and over)» or «aged (80 and over)»)	3,325,546
9	exp Humans/ or exp Sedentary Behavior/ or sedentary behaviour.mp. or exp Exercise/	19,898,258

10	sedentary lifestyle.mp. or exp Sedentary Behavior/	15,081
11	exp Exercise/ or exp Humans/ or exp Sedentary Behavior/ or prolonged sitting.mp.	19,897,994
12	exp Humans/ or exp Aged/ or living at home.mp. or exp «Activities of Daily Living»/	19,870,709
13	9 or 10 or 11 or 12	19,901,290
14	motivation.mp. or exp Motivation/	231,478
15	nursing home.mp. or exp Home Nursing/	33,080
16	physical activity.mp. or exp Exercise/	295,325
17	exp quality of life/	225,905
18	(8 and 13 and 14 and 17 and 16) not 15	199
19	limit 18 to yr=»2012 - 2022»	149
20	limit 19 to english language	144

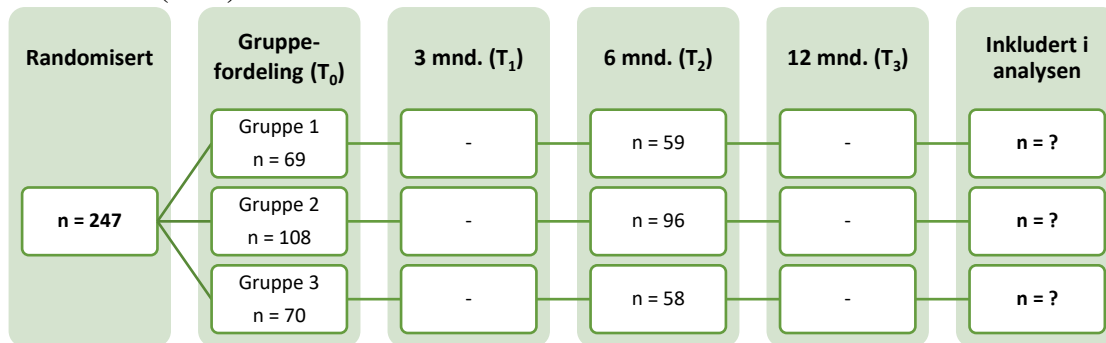
To artikler inkludert i prosjektplan

Søk 4: 09.11.2021

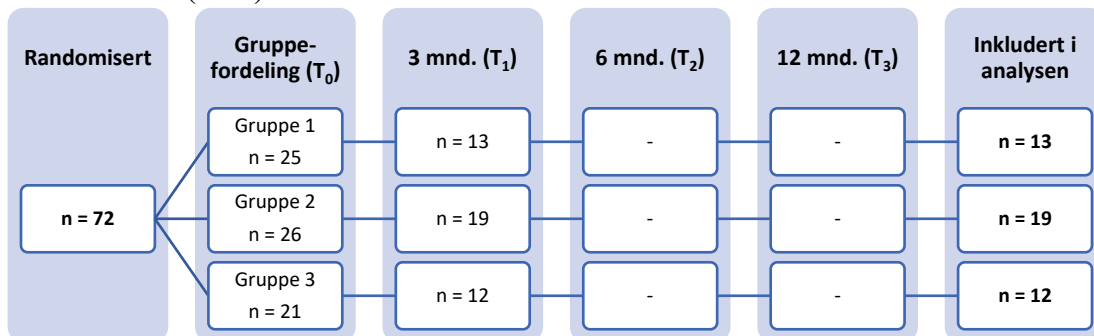
#	Query	Results
1	elderly.mp. or exp Aged/	3,399,985
2	senior.mp. or exp Humans/ or exp Aged/ or exp Aging/	19,982,676
3	exp Aged/ or exp Aging/ or exp Humans/ or older adult.mp.	19,976,313
4	exp Humans/ or exp Aged/ or exp Geriatrics/ or geriatric.mp.	19,896,148
5	exp Adult/ or exp Aged/ or exp Humans/ or old people.mp. or exp Aging/	19,975,277
6	exp Humans/ or exp Aged/ or older-age.mp.	19,891,221
7	1 or 2 or 3 or 4 or 5 or 6	20,036,222
8	limit 7 to («all aged (65 and over)» or «aged (80 and over)»)	3,327,657
9	exp Humans/ or exp Sedentary Behavior/ or sedentary behaviour.mp. or exp Exercise/	19,912,246
10	sedentary lifestyle.mp. or exp Sedentary Behavior/	15,105
11	exp Exercise/ or exp Humans/ or exp Sedentary Behavior/ or prolonged sitting.mp.	19,911,980
12	sedentary time.mp. or exp Sedentary Behavior/	13,003
13	9 or 10 or 11 or 12	19,913,585
14	exp Humans/ or exp Aged/ or living at home.mp. or exp «Activities of Daily Living»/	19,884,675
15	independent living.mp. or exp Humans/ or exp Independent Living/ or exp «Activities of Daily Living»/	19,883,802
16	14 or 15	19,885,131
17	physical activity.mp. or exp Exercise/	295,610
18	physical inactivity.mp. or exp Sedentary Behavior/	19,546
19	17 or 18	301,681
20	intervention.mp. or exp Early Intervention, Educational/ or exp Early Medical Intervention/	705,475
21	exp Nursing Homes/	42,046
22	motivation.mp. or exp Motivation/	231,655
23	quality of life.mp. or exp «Quality of Life»/	390,655
24	exp Accelerometry/ or accelerometer.mp.	19,049
25	(8 and 13 and 16 and 19 and 20 and 24) not 21	502
26	limit 25 to (english language and yr=»2012 - 2022»)	456
27	23 and 26	88
28	22 and 26	58
29	22 and 23 and 26	13

Vedlegg 3: Flyt av deltakere i grupper gjennom studiene

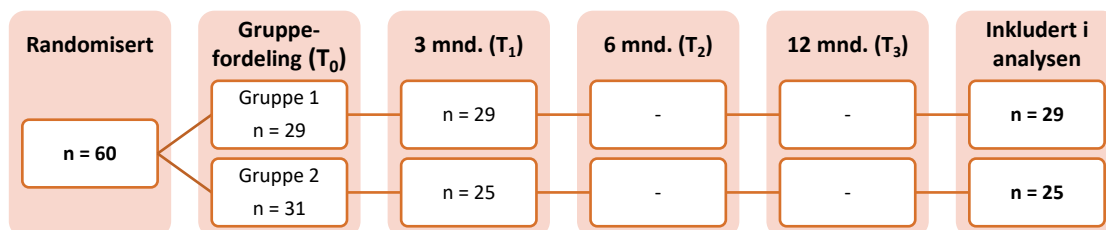
Awick et al. (2017)



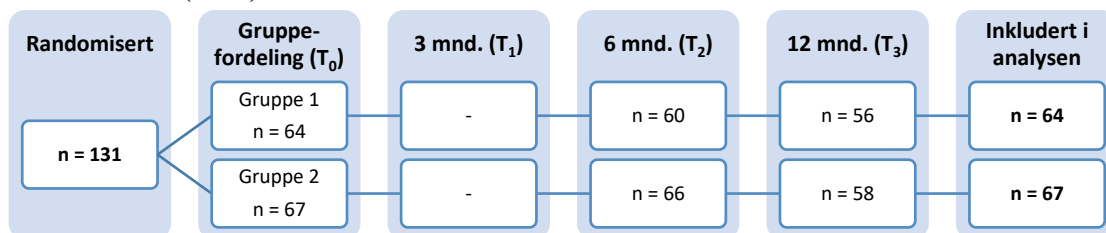
Pedersen et al. (2017)



Matson et al. (2019)



Oliveira et al. (2018)



Brickwood et al. (2021)

