

## Appendix 1 – table 3

Table 3: Findings of symptoms and pain in the reviewed articles for women with FM.

Authors and year of publication	Intervention	Results (Mean difference between intervention group and control group)
Tomas-Carus et al, 2008	<p><b>Exercise group:</b> 32 weeks, three 1-hour sessions/week. Aerobic exercises, overall mobility, lower and upper limb strength in a waist-high pool of warm water.</p> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>FIQ-pain:</b> 0.5 more reduction than control group at 32 weeks. P = 0.040*</p> <p><b>FIQ-total:</b> 1.1 more reduction than control group at 32 weeks. P = 0.017*</p>
Sanudo et al, 2010	<p><b>Exercise groups:</b> 24 weeks, two 45-60min sessions/week. Two exercise groups.</p> <ol style="list-style-type: none"> <li>1. Aerobic exercise</li> <li>2. Combined exercise: aerobic and strength exercises</li> </ol> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>1. FIQ-total for aerobic exercise:</b> 8.8 more reduction than control group at 24 weeks.</p> <p><b>2. FIQ-total for combined exercise:</b> 8.8 more reduction than control group at 24 weeks.</p> <p>Control group had no difference from baseline. No significant mean-difference between groups.</p>

<p><b>Kayo et al, 2012</b></p>	<p><b>Exercise group:</b> 16 weeks, three 60 min sessions/week. Two exercise groups.</p> <p>1. Muscle strengthening 2. Walking group</p> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>1. VAS for muscle strengthening:</b> 1.1 cm more reduction than control group at 16 weeks. P = 0.03*</p> <p><b>1. FIQ-total for muscle strengthening:</b> 10.67 more reduction than control group at 16 weeks. P = 0.02*</p> <p><b>2. VAS for walking group:</b> 2.18 cm more reduction than control group at 16 weeks. P = 0.01*</p> <p><b>2. FIQ-total for walking group:</b> 18.41 more reduction than control group at 16 weeks. P &lt; 0.01*</p>
<p><b>Román et al, 2015</b></p>	<p><b>Exercise group:</b> 18 weeks, three 60 min sessions/week. Two sessions in water and one on land. Muscle-strength and balance.</p> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>FIQ-total:</b> 5.68 more reduction control group at 18 weeks. P = 0.042*</p> <p><b>VAS:</b> 2.48 cm more reduction than control group at 18 weeks. P &lt; 0.001*</p>
<p><b>Collado-Mateo et al, 2017</b></p>	<p><b>Exercise group:</b> 8 weeks, two 60 min sessions/week. Exergames with focus on postural control, coordination of upper and lower limbs, aerobic conditioning, strength, and mobility.</p> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>FIQ-pain:</b> 2.07 more reduction than control group at 8 weeks. P &lt; 0.001*</p> <p><b>FIQ-total:</b> 8.25 more reduction than control group at 8 weeks. P = 0.003*</p> <p><b>VAS:</b> 0.65 cm more reduction than control group at 8 weeks. P = 0.021*</p>
<p><b>Wong et al, 2018</b></p>	<p><b>Exercise group:</b> 12 weeks, three 55 min sessions/week. Supervised tai-chi training.</p> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>VAS:</b> 1.9 cm more reduction than control group at 12 weeks. P = 0.006*</p> <p>Control group had no difference from baseline.</p>

<p><b>Assumpção et al, 2018</b></p>	<p><b>Exercise group:</b> 12 weeks, two 40 min sessions/week. Two exercise groups.</p> <p>1. Strength group 2. Stretch group</p> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>1. FIQ-pain for strength group:</b> 3.6 more reduction than control group at 12 weeks.</p> <p><b>1. FIQ-total for strength group:</b> 22.3 more reduction than control group at 12 weeks.</p> <p><b>1. VAS for strength group:</b> 1.3 cm more reduction than control group at 12 weeks.</p> <p><b>2. FIQ-total for stretch group:</b> 7.5 more reduction than control group at 12 weeks.</p> <p><b>2. FIQ-pain for stretch group:</b> 1.1 more reduction than control group at 12 weeks.</p> <p><b>2. VAS for stretch group:</b> 1.4 cm more reduction than control group at 12 weeks.</p> <p><b>FIQ-pain:</b> P = 0.27 <b>FIQ-total:</b> P = 0.06 <b>VAS:</b> P = 0.11</p> <p>P-value combined for all groups. There were not done any post-hoc test for these values.</p>
<p><b>Hernando-Garijo et al, 2021</b></p>	<p><b>Exercise group:</b> 15 weeks, two 50 min sessions/week. Telerehabilitation program based on aerobic exercises.</p> <p><b>Control group:</b> no exercise, treatment as usual.</p>	<p><b>FIQ-R:</b> 6.98 more reduction than control group at 15 weeks. P = 0.254</p> <p><b>VAS:</b> 1.33 cm more reduction than control group at 15 weeks. P = 0.02*</p>

FIQ: Fibromyalgia Impact Questionnaire, VAS: Visual Analogue Scale, \*Statistically significant p-value (p < 0.05).