

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	Exercise group: 32 weeks, three 1-hour sessions/week. Aerobic exercises, overall mobility, lower and upper limb strength in a waist-high pool of warm water.	FIQ-pain: 0.5 more reduction than control group at 32 weeks. P = 0.040*
	Control group: no exercise, treatment as usual.	FIQ-total: 1.1 more reduction than control group at 32 weeks. P = 0.017*
Sanudo et al, 2010	Exercise groups: 24 weeks, two 45-60min sessions/week. Two exercise groups.	1. FIQ-total for aerobic exercise: 8.8 more reduction than control group at 24 weeks.
	1. Aerobic exercise 2. Combined exercise: aerobic and strength exercises	2. FIQ-total for combined exercise: 8.8 more reduction than control group at 24 weeks.
	Control group: no exercise, treatment as usual.	Control group had no difference from baseline. No significant mean-difference between groups.

Kayo et al, 2012	<p>Exercise group: 16 weeks, three 60 min sessions/week. Two exercise groups.</p> <p>1. Muscle strengthening 2. Walking group</p> <p>Control group: no exercise, treatment as usual.</p>	<p>1. VAS for muscle strengthening: 1.1 cm more reduction than control group at 16 weeks. P = 0.03*</p> <p>1. FIQ-total for muscle strengthening: 10.67 more reduction than control group at 16 weeks. P = 0.02*</p> <p>2. VAS for walking group: 2.18 cm more reduction than control group at 16 weeks. P = 0.01*</p> <p>2. FIQ-total for walking group: 18.41 more reduction than control group at 16 weeks. P < 0.01*</p>
Román et al, 2015	<p>Exercise group: 18 weeks, three 60 min sessions/week. Two sessions in water and one on land. Muscle-strength and balance.</p> <p>Control group: no exercise, treatment as usual.</p>	<p>FIQ-total: 5.68 more reduction control group at 18 weeks. P = 0.042*</p> <p>VAS: 2.48 cm more reduction than control group at 18 weeks. P < 0.001*</p>
Collado-Mateo et al, 2017	<p>Exercise group: 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>Control group: no exercise, treatment as usual.</p>	<p>FIQ-pain: 2.07 more reduction than control group at 8 weeks. P < 0.001*</p> <p>FIQ-total: 8.25 more reduction than control group at 8 weeks. P = 0.003*</p> <p>VAS: 0.65 cm more reduction than control group at 8 weeks. P = 0.021*</p>
Wong et al, 2018	<p>Exercise group: 12 weeks, three 55 min sessions/week. Supervised tai-chi training.</p> <p>Control group: no exercise, treatment as usual.</p>	<p>VAS: 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>Assumpção et al, 2018</p>	<p>Exercise group: 12 weeks, two 40 min sessions/week. Two exercise groups.</p> <p>1. Strength group 2. Stretch group</p> <p>Control group: no exercise, treatment as usual.</p>	<p>1. FIQ-pain for strength group: 3.6 more reduction than control group at 12 weeks.</p> <p>1. FIQ-total for strength group: 22.3 more reduction than control group at 12 weeks.</p> <p>1. VAS for strength group: 1.3 cm more reduction than control group at 12 weeks.</p> <p>2. FIQ-total for stretch group: 7.5 more reduction than control group at 12 weeks.</p> <p>2. FIQ-pain for stretch group: 1.1 more reduction than control group at 12 weeks.</p> <p>2. VAS for stretch group: 1.4 cm more reduction than control group at 12 weeks.</p> <p>FIQ-pain: P = 0.27 FIQ-total: P = 0.06 VAS: P = 0.11</p> <p>P-value combined for all groups. There were not done any post-hoc test for these values.</p>
<p>Hernando-Garijo et al, 2021</p>	<p>Exercise group: 15 weeks, two 50 min sessions/week. Telerehabilitation program based on aerobic exercises.</p> <p>Control group: no exercise, treatment as usual.</p>	<p>FIQ-R: 6.98 more reduction than control group at 15 weeks. P = 0.254</p> <p>VAS: 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).