PRISMA 2009 Checklist

Section/topic	#	Checklist item	Reported on page #
TITLE			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	1
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	2
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	3-4
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	4
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	4
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	4-5
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	5-6
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	Supplementary S2
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	6
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	6
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	6
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	7
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	7

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Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2) for each meta-analysis.	7

Section/topic	#	Checklist item	Reported on page #
Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	7
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	7
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	8-9
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	11
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	14
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	15
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	15
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	14
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	N/A
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	17
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	17-18
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	19
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	20

From: Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(7): e1000097. doi:10.1371/journal.pmed1000097

For more information, visit: **www.prisma-statement.org**.

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Supplementary S2

Search strategies

Date for initial search: 23rd of March 2018
Date for update search December 18th 2018
Date for search insources for grey literature and ongoing trials 5th of February 2019
Date for second update search December 5th 2019
Date for third update search August 30th 2020

Searh strategies developed by: Sølvi Biedilæ and Brynhildur Axelsdóttir
Peer-reviewed with PRESS Checklist (McGowan et al 2016) by two librarians: Marte Ødegaard and Mari Elvsåshagen.
Total number of results in bibliographic databases from all searches with duplicates: **28.138**
Total number of results in sources for grey literature and ongoing trials in manual screening: **212**
Total number of results in bibliographic databases from all searches without duplicates: **13.307**

Database: Ovid MEDLINE(R) Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Ovid MEDLINE(R) Daily, Ovid MEDLINE and Versions(R) <1946 to March 14 2018> (Ovid SP)
Date: 23.03.2018 Results: 2043
Date: 18.12.2018 Results: 486
Date: 05.12.2019 Results: 303
Date: 30.08.2020 Results: 223

#	Searches
1	Depression/
2	depressive disorder/ or depressive disorder, major/ or depressive disorder, treatment-resistant/ or dysthymic disorder/ or seasonal affective disorder/
3	(depress* or dysthymi* or melanchol* or dysphori* or sadness or low mood*).ti,ab.
4	(seasonal adj3 (affect* or mood*) adj3 disord*).ti,ab.
5	or/1-4
6	Adolescent/ or exp Child/ or Minors/ or exp Puberty/ or exp Pediatrics/ or exp Schools/
7	(child* or kid or kids or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or boy or boys or boyhood* or girl* or underag* or under-ag* or pediatr* or paediatr* or peadiatr*).ti,ab,hw,kf,jw.

8	(young* adj (person* or people* or individual* or male* or female* or man or mans or men* or woman* or women*)).ti,ab.
9	or/6-8
10	exp Exercise/ or exp Exercise Therapy/ or Exercise Movement Techniques/ or exp Sports/ or "Physical Education and Training"/ or Tai ji/ or Yoga/ or Physical Exertion/ or exp Physical Endurance/ or exp Physical Fitness/ or Dancing/ or "Play and playthings"/ or games, recreational/
11	(exercis* or exertion* or (physical* adj3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or fitness or sport* or gymnastic* or athletic* or workout* or work out* or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or tread-mill* or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or yoga or tai ji or tai chi or thai chi or taiji or taichi or thaichi or taijiquan or ai chi or pilates or dance* or dancing* or ((weight* or power*) adj3 lift*) or weightlift* or powerlift* or musc* strength* or ((weight* or resistance or strength* or circuit*) adj3 train*) or cardiopulmonary conditioning* or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*).ti,ab.
12	or/10-11
13	5 and 9 and 12
14	randomized controlled trial.pt.
15	controlled clinical trial.pt.
16	randomized.ab.
17	placebo.ab.
18	drug therapy.fs.
19	randomly.ab.
20	trial.ab.
21	groups.ab.
22	or/14-21
23	exp animals/ not humans.sh.
24	22 not 23
25	13 and 24

Database: PsycINFO <1806 to March Week 3 2018> (Ovid SP)
Date: 23.03.2018 Results: 3207
Date: 18.12.2018 Results: 145
Date: 05.12.2019 Results: 230
Date: 30.08.2020 Results: 170

#	Searches
1	"depression (emotion)"/ or major depression/ or dysthymic disorder/ or endogenous depression/ or reactive depression/ or recurrent depression/ or treatment resistant depression/ or atypical depression/ or seasonal affective disorder/ or sadness/
2	(depress* or dysthymi* or melanchol* or dysphori* or sadness or low mood*).ti,ab.
3	(seasonal adj3 (affect* or mood*) adj3 disord*).ti,ab.
4	or/1-3
5	(adolescence 13 17 yrs or school age 6 12 yrs).ag.
6	puberty/ or pediatrics/ or schools/ or elementary schools/ or high schools/ or junior high schools/ or middle schools/
7	(child* or kid or kids or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or boy or boys or boyhood* or girl* or underag* or under-ag* or pediatr* or paediatr* or peadiatr*).ti,ab,id,hw,jx.
8	(young* adj (person* or people* or individual* or male* or female* or man or mans or men* or woman* or women*)).ti,ab.
9	or/5-8
10	exp Exercise/ or exp Sports/ or physical education/ or physical endurance/ or Physical Fitness/ or Dance/ or childrens recreational games/ or jumping/ or running/ or walking/ or physical strength/ or recreation/ or athletic participation/ or athletic performance/ or athletic training/ or physical activity/
11	(exercis* or exertion* or (physical* adj3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or fitness or sport* or gymnastic* or athletic* or workout* or work out* or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or tread-mill* or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or yoga or tai ji or tai chi or thai chi or taiji or taichi or thaichi or taijiquan or ai chi or pilates or dance* or dancing* or ((weight* or power*) adj3 lift*) or weightlift* or powerlift* or musc* strength* or ((weight* or resistance or strength* or circuit*) adj3 train*) or cardiopulmonary conditioning* or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*).ti,ab.

12	or/10-11
13	4 and 9 and 12
14	exp treatment effectiveness evaluation/ or clinical trials/ or followup studies/ or exp program evaluation/ or empirical methods/ or exp experimental methods/ or experimental design/ or between groups design/ or repeated measures/ or exp treatment outcomes/ or placebo/
15	(clinical trial or empirical study or followup study or quantitative study or treatment outcome).md.
16	(random* or trial* or control or (control* adj3 (study or studies)) or crossover* or cross-over* or allocat* or assign* or factorial* or volunteer* or (quasi adj experimental) or ((waitlist* or wait* list* or treatment as usual or TAU) adj3 (control or group*)) or placebo*).ti,ab.
17	or/14-16
18	13 and 17

Database: Embase <1974 to 2018 March 22> (Ovid SP)
Date: 23.03.2018 Results: 1401
Date: 18.12.2018 Results: 180
Date: 05.12.2019 Results: 280
Date: 30.08.2020 Results: 150

#	Searches
1	depression/ or adolescent depression/ or agitated depression/ or atypical depression/ or chronic depression/ or dysphoria/ or dysthymia/ or endogenous depression/ or major depression/ or melancholia/ or minor depression/ or organic depression/ or reactive depression/ or recurrent brief depression/ or seasonal affective disorder/ or treatment resistant depression/ or sadness/
2	(depress* or dysthymi* or melanchol* or dysphori* or sadness or low mood*).ti,ab.
3	(seasonal adj3 (affect* or mood*) adj3 disord*).ti,ab.
4	or/1-3
5	child/ or exp adolescent/ or exp adolescence/ or childhood/ or exp puberty/ or pediatrics/ or child psychiatry/ or school/ or high school/ or middle school/ or primary school/ or elementary student/ or high school student/ or middle school student/ or school child/
6	(child* or kid or kids* or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or boy or boys* or boyfriend* or boyhood* or girl* or under 18* or under eighteen* or underag* or under-ag* or pediatr* or paediatr* or peadiatr*).ti,ab,kw,hw,jx.
7	(young* adj (person* or people* or individual* or male* or female* or man or mans or men* or woman* or women*)).ti,ab.
8	or/5-7
9	exp Exercise/ or exp Sport/ or Training/ or Dancing/ or exp Physical activity/ or Physical education/ or Endurance/ or Fitness/ or Play/ or Recreational game/
10	(exercis* or exertion* or (physical* adj3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or fitness or sport* or gymnastic* or athletic* or workout* or work out* or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or tread-mill* or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or yoga or tai ji or tai chi or thai chi or taiji or taichi or thaichi or taijiquan or ai chi or pilates or dance* or dancing* or ((weight* or power*) adj3 lift*) or weightlift* or powerlift* or musc* strength* or ((weight* or resistance or strength* or circuit*) adj3 train*) or cardiopulmonary conditioning* or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*).ti,ab.
11	or/9-10

12	randomized controlled trial/ or crossover procedure/ or double blind procedure/ or single blind procedure/
13	(crossover* or cross over* or placebo* or allocat* or random*).ti,ab.
14	(doubl* adj blind*).ti,ab.
15	trial*.ti.
16	or/12-15
17	4 and 8 and 11 and 16

Database: AMED (Allied and Complementary Medicine) <1985 to March 2018> (Ovid SP)
Date: 23.03.2018 Results: 98
Date: 18.12.2018 Results 8
Date: 05.12.2019 Results: 8
Date: 30.08.2020 Results: 6

#	Searches
1	depression/ or depressive disorder/
2	(depress* or dysthymi* or melanchol* or dysphori* or sadness or low mood*).ti,ab.
3	(seasonal adj3 (affect* or mood*) adj3 disord*).ti,ab.
4	or/1-3
5	exp Adolescent/ or Child/ or Child Hospitalized/ or Puberty/ or Pediatrics/ or Schools/
6	(child* or kid or kids or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or boy or boys or boyhood* or girl* or underag* or pediatr* or paediatr* or peadiatr*).ti,ab,hw,et,jx.
7	(young* adj (person* or people* or individual* or male* or female* or man or mans or men* or woman* or women*)).ti,ab.
8	or/5-7
9	exp Exercise/ or exp Exercise Therapy/ or exp Sports/ or exp physical education/ or yoga/ or exp exertion/ or Physical Fitness/ or Dancing/ or "play and playthings"/
10	(exercis* or exertion* or (physical* adj3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or fitness or sport* or gymnastic* or athletic* or workout* or work out* or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or tread-mill* or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or yoga or tai ji or tai chi or thai chi or taiji or taichi or thaichi or taijiquan or ai chi or pilates or dance* or dancing* or ((weight* or power*) adj3 lift*) or weightlift* or powerlift* or musc* strength* or ((weight* or resistance or strength* or circuit*) adj3 train*) or cardiopulmonary conditioning* or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*).ti,ab.
11	or/9-10
12	4 and 8 and 11

Database: Cochrane Library Central Database
Date: 23.03.2018 Results: 1031
Date: 18.12.2018 Results: 330
Date: 05.12.2019 Results: 1865
Date: 30.08.2020 Results: 257 (with Cochrane Library publication date Between Dec 2019 and Aug 2020).

ID	Search Hits
#1	MeSH descriptor: [Depression] this term only
#2	MeSH descriptor: [Depressive Disorder] this term only
#3	MeSH descriptor: [Depressive Disorder, Major] this term only
#4	MeSH descriptor: [Depressive Disorder, Treatment-Resistant] this term only
#5	MeSH descriptor: [Dysthymic Disorder] this term only
#6	MeSH descriptor: [Seasonal Affective Disorder] this term only
#7	(depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*"):ti,ab,kw
#8	("seasonal" near/3 (affect* or mood*) near/3 disord*):ti,ab,kw
#9	#1 or #2 or #3 or #4 or #5 or #6 or #7 or #8
#10	MeSH descriptor: [Adolescent] this term only
#11	MeSH descriptor: [Child] explode all trees
#12	MeSH descriptor: [Minors] this term only
#13	MeSH descriptor: [Puberty] explode all trees
#14	MeSH descriptor: [Pediatrics] explode all trees
#15	MeSH descriptor: [Schools] explode all trees
#16	(child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr*):ti,ab,kw 215839
#17	(young* near/1 (person* or people* or individual* or male* or female* or "man" or "mans" or men* or woman* or women*)):ti,ab,kw
#18	#10 or #11 or #12 or #13 or #14 or #15 or #16 or #17
#19	MeSH descriptor: [Exercise] explode all trees
#20	MeSH descriptor: [Exercise Therapy] explode all trees
#21	MeSH descriptor: [Exercise Movement Techniques] this term only
#22	MeSH descriptor: [Sports] explode all trees
#23	MeSH descriptor: [Physical Education and Training] this term only
#24	MeSH descriptor: [Tai Ji] this term only

#25 MeSH descriptor: [Yoga] this term only

#26 MeSH descriptor: [Physical Exertion] this term only

#27 MeSH descriptor: [Physical Endurance] explode all trees

#28 MeSH descriptor: [Physical Fitness] explode all trees

#29 MeSH descriptor: [Dancing] this term only

#30 MeSH descriptor: [Play and Playthings] this term only

#31 MeSH descriptor: [Games, Recreational] this term only

#32 (exercis* or exertion* or (physical* near/3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) near/3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) near/3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*):ti,ab,kw

#33 #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27 or #28 or #29 or #30 or #31 or #32

#34 #9 and #18 and #33 in Trials

Database: Web of Science (Core Collection)
Date: 23.03.2018 Results: 2152
Date: 18.12.2018 Results: 243
Date: 05.12.2019 Results: 2579
Date: 30.08.2020 Results: 2758

# 6	#5 AND #4 Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
# 5	TS=(random* or trial* or "control" or (control* NEAR/3 ("study" or "studies")) or crossover* or "cross-over*" or allocat* or assign* or factorial* or volunteer* or ("quasi" NEAR/1 "experimental") or ((waitlist* or "wait* list*" or "treatment as usual" or "TAU") NEAR/3 ("control" or group*)) or placebo*) Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
# 4	#3 AND #2 AND #1 Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
# 3	TS=(exercis* or exertion* or (physical* NEAR/3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) NEAR/3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) NEAR/3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*) Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
# 2	TS=(child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr* or (young* NEAR/1 (person* or people* or individual* or male* or female* or "man" or "mans" or men* or woman* or women*))) Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
# 1	TS=(depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*" or ("seasonal" NEAR/3 (affect* or mood*) NEAR/3 disord*)) Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years

Database: SportDiscus (EBSCO)
Date: 23.03.2018 Results: 773
Date: 18.12.2018 Results: 38
Date: 05.12.2019 Results: 901
Date: 30.08.2020 Results: 996

#	Query
S1	TI (depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*" or ("seasonal" N3 (affect* or mood*) N3 disord*)) OR AB (depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*" or ("seasonal" N3 (affect* or mood*) N3 disord*)) OR SU (depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*" or ("seasonal" N3 (affect* or mood*) N3 disord*))
S2	TI (child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr* or (young* N1 (person* or people* or individual* or male* or female* or "man" or "mans" or men* or woman* or women*))) OR AB (child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr* or (young* N1 (person* or people* or individual* or male* or female* or "man" or "mans" or men* or woman* or women*))) OR SU (child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr* or (young* N1 (person* or people* or individual* or male* or female* or "man" or "mans" or men* or woman* or women*)))
S3	TI (exercis* or exertion* or (physical* N3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) N3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) N3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*) OR AB (exercis* or exertion* or (physical* N3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) N3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) N3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*) OR SU (exercis* or exertion* or (physical* N3 (train* or education* or fit* or effort* or activ* or endur* or strength*

	or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) N3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) N3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*)
S4	S1 AND S2 AND S3

Database: CINAHL (Ebsco)
Date: 23.03.2018 Results: 1574
Date: 18.12.2018 Results: 993
Date: 05.12.2019 Results: 1656
Date: 30.08.2020 Results: 1902

#	Query
S1	(MH "Depression") OR (MH "Depression, Reactive") OR (MH "Dysthymic Disorder") OR (MH "Seasonal Affective Disorder")
S2	TI (depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*")
S3	AB (depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*")
S4	TI ("seasonal" N3 (affect* or mood*) N3 disord*)
S5	AB ("seasonal" N3 (affect* or mood*) N3 disord*)
S6	S1 OR S2 OR S3 OR S4 OR S5
S7	(MH "Adolescence+") OR (MH "Child") OR (MH "Child, Hospitalized") OR (MH "Child, Institutionalized") OR (MH "Minors (Legal)")
S8	(MH "Puberty")
S9	(MH "Pediatrics")
S10	(MH "Schools") OR (MH "Schools, Elementary") OR (MH "Schools, Middle")OR (MH "Schools, Secondary")
S11	TI (child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr*)
S12	AB (child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr*)

S13	TI (young* N1 (person* or people* or individual* or male* or female* or "man" or "mans" or men* or woman* or women*))
S14	AB (young* N1 (person* or people* or individual* or male* or female* or "man" or "mans" or men* or woman* or women*))
S15	S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14
S16	(MH "Exercise+") OR (MH "Aerobic Exercises+")
S17	(MH "Sports+")
S18	(MH "Physical Education and Training+")
S19	(MH "Physical Endurance") OR (MH "Exertion")
S20	(MH "Physical Fitness")
S21	(MH "Physical Activity")
S22	(MH "Yoga") OR (MH "Tai Chi")
S23	(MH "Dancing+") OR (MH "Exergames") OR (MH "Play and Playthings")
S24	TI (exercis* or exertion* or (physical* N3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) N3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) N3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*)
S25	AB (exercis* or exertion* or (physical* N3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or

	plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) N3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) N3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*)
S26	S16 OR S17 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25
S27	S6 AND S15 AND S26

Database: ERIC (Ebsco)
Date: 23.03.2018 Results: 715
Date: 18.12.2018 Results: 30
Date: 05.12.2019 Results: 763
Date: 30.08.2020 Results: 789

#	**Query**
S1	DE "Depression (Psychology)"
S2	TX (depress* or dysthymi* or melanchol* or dysphori* or "sadness" or "low mood*")
S3	TX ("seasonal" N3 (affect* or mood*) N3 disord*)
S4	S1 OR S2 OR S3
S5	DE "Adolescents" OR DE "Early Adolescents" OR DE "Late Adolescents"
S6	DE "Children" OR DE "African American Children" OR DE "Hospitalized Children" OR DE "Minority Group Children" OR DE "Preadolescents" OR DE "Young Children"
S7	DE "Youth" OR DE "Disadvantaged Youth" OR DE "Out of School Youth" OR DE "Rural Youth" OR DE "Urban Youth"
S8	DE "Puberty"
S9	DE "Pediatrics"
S10	DE "Schools" OR DE "Elementary Schools" OR DE "Middle Schools" OR DE "Secondary Schools" OR DE "Elementary School Students" OR DE "Middle School Students" OR DE "Secondary School Students" OR DE "High School Students"
S11	TX (child* or "kid" or "kids" or minors* or juvenil* or adoles* or youth* or youngster* or teen* or preteen* or midteen* or pubert* or prepube* or pubescen* or school* or highschool* or student* or "boy" or "boys" or boyhood* or girl* or underag* or "under-ag*" or pediatr* or paediatr* or peadiatr*)
S12	TX (young* N1 (person* or people* or individual* or male* or female* or "man" or "mans" or "men*" or woman* or women*))
S13	S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12
S14	DE "Exercise"

S15	DE "Athletics" OR DE "Aquatic Sports" OR DE "Extramural Athletics" OR DE "Intramural Athletics" OR DE "Racquet Sports" OR DE "Team Sports" OR DE "Track and Field" OR DE "Womens Athletics"
S16	DE "Physical Activities" OR DE "Dance"
S17	DE "Physical Fitness" OR DE "Health Related Fitness" OR DE "Physical Recreation Programs" OR DE "Physical Education"
S18	DE "Play"
S19	TX exercis* or exertion* or (physical* N3 (train* or education* or fit* or effort* or activ* or endur* or strength* or condition*)) or "fitness" or sport* or gymnastic* or athletic* or workout* or "work out*" or cycling* or cycle* or bicycl* or bike* or biking* or walk* or run* or jog* or treadmill* or "tread-mill*" or jumping* or hopping* or plyometric* or aerobic* or anaerobic* or calisthenic* or isometric* or "yoga" or "tai ji" or "tai chi" or "thai chi" or "taiji" or "taichi" or "thaichi" or "taijiquan" or "ai chi" or "pilates" or dance* or dancing* or ((weight* or power*) N3 lift*) or weightlift* or powerlift* or "musc* strength*" or ((weight* or "resistance" or strength* or circuit*) N3 train*) or "cardiopulmonary conditioning*" or exergam* or climbing* or bouldering* or hiking* or hike* or swim* or row* or skate* or skating* or football* or soccer* or volleyball* or basketball* or baseball* or handball* or cricket* or rugby* or tennis* or badminton* or stretching*)
S20	S14 OR S15 OR S16 OR S17 OR S18 OR S19
S21	S4 AND S13 AND S20

Database: PEDro Physiotherapy Evidence Database
Date: 23.03.2018 Results: 80
Date: 18.12.2018 Results: 11
Date: 05.12.2019 Results: 28
Date: 30.08.2020 Results: 6

depress* and child* - in clinical trial

depress* and adoles* - in clinical trial

Search strategies in sources for grey literature and ongoing trials in bibliographic databases

Database: Papers First (OCLC)
Date: 05.02.2019
Results: 43

PapersFirst results for: kw: depress* n10 exercise*
Records found: 22

PapersFirst results for: kw: depress* n10 physical w activity
Records found: 21

Database: ProQuest Dissertations & Theses A&I
Date: 05.02.2019
Results: 283

noft(depress*) AND noft(exercise* or "physical activity") AND noft(child* or adolescen* or youth or teen*)

283 results

Search strategies in sources for grey literature and ongoing trials screened manually

Database: OpenGrey
Date: 05.02.2019
Results: 50

http://www.opengrey.eu/search/request?q=depress*+AND+exercise (35 hits)

http://www.opengrey.eu/search/request?q=depress*+AND+%22physical+activity%22 (15 hits)

Database: ClinicalTrials.gov
Date: 05.02.2019
Results: 72

23 Studies found for: **(depression or depressive or depressed) | exercise | Child**

https://clinicaltrials.gov/ct2/results/details?term=%28depression+or+depressive+or+depressed%29&intr=exercise&age=0

49 Studies found for: **(depression or depressive or depressed) | physical activity | Child**

https://clinicaltrials.gov/ct2/results?term=%28depression+or+depressive+or+depressed%29&intr=physical+activity&age=0

Database: WHO International Clinical Trials Registry Platform
Date: 05.02.2019
Results: 90

Both searches are limited to children

57 records for 57 trials found for: depress* AND exercise

33 records for 33 trials found for: depress* AND physical activity

http://apps.who.int/trialsearch/default.aspx

Supplementary S3

Detailed characteristics of included studies

Beffert 1993

Methods	Randomized controlled trial (RCT).
Participants	N=26 randomized Number analyzed: completed first stage of study n=26 Drop-out: No reporting of drop-out Age: 12-15 years old. Gender:83% female Recruitment: All seventh and eight-grade students in a public junior high school were screened twice using the RADS. Baseline of severity of depression: I: 122.53 (6.03) C: 124.91 (6.92) Inclusion criteria: 1. High school students who ranged in age from 12-15 years. 2. Scoring 75 or above on RADS on both screenings Exclusion criteria: 1. Severe level of depression. Students who scored four or more of the six critical items on the RADS were viewed as possibly being too seriously depressed to be included 2. Currently receiving antidepressant medication or any other treatment for depression 3. Restricted from participating in aerobic exercise 4. Not received written parental permission to participate Location: Cheyenne, Wyoming USA

Interventions	1. Aerobic exercise (walking-running program) Heart rate between 60-85% of maximum capacity. The instructor was a certified physical education instructor. Group-based training. • 6 weeks • 3 sessions per week • 18 sessions in total • Duration of each session was 20 minutes Setting: Medium-sized urban junior high school 2. Waitlist
Outcomes	1. The severity of depressive symptoms as measured by the Reynolds Adolescent Depression Scale (RADS), measured at end of treatment: 6 weeks 2. Cardiovascular fitness measured using the time required for them to complete a 1.5-mile walk-run (female students) or 2-mile run (male students).
Notes	PhD dissertation Funding: Greg Hannah research fund Conflict of interest: N/A Trial registration: N/A Intention to treat analysis: N/A Sample size calculation: N/A

Burrus 1984

Methods	Randomized controlled trial (RCT). Stratified
Participants	N=46 randomized Number analyzed: 45 Drop-out: 1 Age: 15-18 years old Gender: 60% female Recruitment: Recruitment: 700 senior high school students (grades 10, 11, 12) were screened twice for depression using the Depression Adjective Checklist (DACL), Form A.

	Baseline of severity of depression: I: Group 1: 19.14 (3.73), Group 2: 19.31(4.61) C: 19.33 (3.71) Inclusion criteria: 1. Scored at or above the 93rd percentile on two administrations at an interval of from one to six months on the DACL. Exclusion criteria: 1. Not resided in the United States during the previous 5 years 2. In psychotherapeutic treatment 3. Exempt from physical education for medical reasons 4. Involved in a running or regular exercise program Location: Miami, Florida USA
Interventions	1. Aerobic running program (high physiological activity). The program included a walk-jog-run. Heart rate at a maximum 75%. All instructors were highly trained and experienced in their respective fields. Group-based training. • 9 weeks • 4 sessions per week • 36 sessions in total • Duration of each session was 45 minutes (35 spent on exercise) Setting: High school 2. Anaerobic treatment (medium physiological activity). 15 minutes weight training program using universal equipment, bar bells and exercise bars, and 20 minutes of anaerobic team activities including volleyball, softball, archery and melon ball. • 9 weeks • 4 sessions per week • 36 sessions in total • Duration of each session was 45 minutes (35 spent on exercise) 3. Red Cross treatment (low physiological activity). Learned first aid and personal safety in a classroom. • 9 weeks • 4 sessions per week • 36 sessions in total

	• Duration of each session was 45 minutes
Outcomes	1. The severity of depressive symptoms as measured by the Depression Adjective Checklist (DACL), measured at end of treatment: 9 weeks 2. Weight 3. Blood pressure 4. Cardiovascular fitness measured using the One Minute Step Test
Notes	PhD dissertation Funding: N/A Conflicts of interest: N/A Trial registration: N/A Intention to treat analysis: N/A Sample size calculation: N/A

Carter 2015

Methods	Pragmatic Randomized Controlled Trial (RCT) (parallel design)
Participants	N=87 randomized Number analyzed: at six-week N=64, at six months N=42 Drop-out: At post-intervention the total loss to follow up was 25%, with more participants dropping out in the control arm than the intervention Age: mean 15.4 (SD 1.0) (intervention group), 15.4 (SD 0.9) (control group). Gender: 78% female Recruitment: referred by general practitioners (GPs), Child and Adolescent Mental Health Services (CAMHS) and school nurses. Baseline severity of depression: I: 29.1 (9.4) C: 28.2 (6.8) Inclusion criteria: 1. Adolescents aged 14-17 years 2. Receiving treatment from a health or social care professional for depression

	3. Scoring above 14 on the Children's Depression Inventory-2 (CDI-2). Exclusion criteria: 1. Presence of a medical condition that would make exercise participation unsafe Location: East Midlands area, England
Interventions	1. Circuit-training at preferred intensity alongside treatment as usual. The circuit training comprised of an interval pattern with eight separate exercise-stations. Preferred intensity. The stations consisted of strengthening and aerobic exercises. A qualified exercise therapist supervised each session. Group-based training. • 6 weeks • 2 sessions per week • 12 sessions in total • Duration of each session was one hour (approximately 45 min of exercise and stretching). Setting: Community centres 2. Treatment as usual
Outcomes	Primary outcome: 1. The severity (change) of depressive symptoms as measured by the Children's Depression Inventory 2 (CDI-2). Measured at the end of treatment: 9 weeks Secondary outcomes: 1. Health-related quality of life as measured by the EuroQol group EQ-5D-5 L and EQ-VAS 2. Leisure time physical activity as measured by the Leisure Time Exercise Questionnaire (LTEQ). Participants were assessed at baseline, six week (post-intervention) and six-month follow-up.
Notes	Journal article Funding: National Institute of Mental Health, Research for Patient Benefit Programme Conflicts of interest: None reported Trial registration: ClinicalTrials.gov NCT01474837

	Intention to treat analysis: Yes Sample size calculation: A medium effect size of 0.50 using Cohen's d parameters was anticipated. To detect such a difference between two groups at a two tailed 0.05 significance level using 80 % power, 64 participants were required in each arm. After adjusting for 20 % anticipated attrition rates, the required sample size was inflated to 158. They were unable to recruit to the required sample size.

Roshan 2011

Methods	Randomized controlled trial (RCT).
Participants	N=24 randomized Number analyzed: 24 Drop-out: no reporting of drop-out. Age: mean 16.91 (SD 1.03) (intervention group), 16.83 (SD 0.82) (control group). Gender: 100% female. Recruitment: 152 female high school students were assessed for presence of major depressive disorder. Baseline severity of depression: I: 30.15 (7.62) C: 29.58 (7.25 Inclusion criteria: 1. Age range 15-18 years 2. Presence of major depressive disorder (MDD) according to DSM-IV-TR criteria 3. Scoring ≥ 18 on the Hamilton Rating Scale for Depression (Ham-D) Exclusion criteria: 1. Other simultaneous psychiatric disorders such as anxiety disorders, psychotic disorders, substance abuse or dependency, personality disorders, and bipolar mood disorder in depressive phase Location: Iran
Interventions	1. A pool walking exercise program. 60-70% of maximum heart rate. Group-based training. Provider of intervention N/A • 6 weeks

	• 3 sessions per week. • 18 sessions in total • Duration of each session N/A Setting: high school 2. No exercise and no anti-depressant treatment
Outcomes	1. Severity of depression as measured by the Hamilton Rating Scale for Depression (Ham-D), measured at the end of treatment: 6 weeks 2. MHPG Urine Sulfate 3. Maximum Oxygen Uptake (VO2 Max) Participants were assessed at baseline and after six weeks (post-intervention).
Notes	Journal article Funding: University of Mazandaran, Iran. (listed in clinical trials registration). Conflicts of interests: N/A Trial registration: Retrospective registration (2011-08-30). IRCT201104251457N8 https://www.irct.ir/trial/726 Intention to treat analysis: N/A Sample size calculation: N/A

APPENDIX III

Aerobic exercise as treatment of depressive symptoms in early adolescents

TIDieR

Aerobic exercise as treatment of depressive symptoms in early adolescents

Why:	Is it possible to effectively treat moderate depressive symptoms in early adolescents with a short-term aerobic exercise program in a school setting?
What (material):	N/A
What (procedures):	Treatment consisted of a walking-running program designed to increase the aerobic fitness of participants. The certified physical education instructor taught the students how to monitor their heart rate. During exercise treatment heart rate was monitored every five minutes in order to try to keep participants heart rates between 60-85% of maximum capacity. Students attempted to maintain a heart rate with a minimum of approximately 130 to 135 heart beats per minute.
Who provided:	The instructor was a certified physical education instructor at the junior high school.
How (mode of delivery; individual or group):	Group training.
Where:	In the school gym.
When and how much:	Participants in the exercise treatment group met on Monday, Wednesday and Friday during a six-week period for 20-minute sessions.
Tailoring:	N/A
Modification:	N/A
How well (planned):	Treatment integrity was monitored by the author trough random weekly visits to the treatment class.
How well (actual):	N/A

TIDieR

Effects of a running treatment program on depressed adolescents

Why:	To investigate the effects of a running treatment program on depressed adolescents.
What (material):	Each participant was given an general information about jogging in the heat (Appendix D in the Thesis) As well as the suggested schedule for the eight week running program (Appendix E in the Thesis). https://scholarlyrepository.miami.edu/dissertations/1432/
What (procedures):	The program included a walk-jog-run for thirty-five minutes. The participants gradually increased their pace so that their heart rate reached 75% of maximum cardiac output. They were encouraged to move in such a way that they were never gasping for air and were therefore able to converse.
Who provided:	instructors were highly trained and experienced in their respective fields.
How (mode of delivery; individual or group):	Group training.
Where:	On the physical education field of the high school.
When and how much:	Each group met for forty-five minute sessions, four times per week for a duration of nine weeks.
Tailoring:	Each individual ran at a pace and distance commensurate with fitness level.
Modification:	N/A
How well (planned):	N/A
How well (actual):	N/A

TIDieR

Preferred intensity exercise for adolescents receiving treatment for depression

Why:	To determine the effectiveness of a preferred intensity exercise intervention on the depressive symptoms of adolescents with depression
What (material):	N/A
What (procedures):	The circuit-training comprised of an interval pattern with eight separate exercise-stations. The stations consisted of strengthening and aerobic exercises: abdominal and back exercises from the supine and prone positions respectively; two medicine ball arm-based exercises from supine position; bouncing, static and dynamic balance exercises on a trampoline; body-weight squat exercise against the wall and stationary cycling. Following five minutes of stretching on major muscle groups in the upper and lower limbs, participants were encouraged to exercise for one minute then break for one minute, this was then repeated twice more.
Who provided:	A qualified exercise therapist supervised each session. Two additional staff members of the project exercised and interacted with participants in all sessions including the first author.
How (mode of delivery; individual or group):	Group-based (six to eight participants).
Where:	N/A
When and how much:	The intervention was a six week circuit-training consisting of 12 separate sessions which were run twice weekly. The total duration of each session was one hour (approximately 45 min of exercise and stretching). No pressure was applied to participants to attend the sessions.
Tailoring:	Preferred intensity was operationalised as follow: Participants could choose the order in which they undertook the different exercises as well as intensity in which they exercised on each station. They could choose to take rests when they wanted.
Modification:	N/A
How well (planned):	N/A
How well (actual):	N/A

TIDieR

Intermittent walking in water on the severity of depression

Why:	To determine the effect of a six-week intermittent walking in the water on the rate of 24-hour urine MHPG sulfate and the severity of clinical depression in depressed girls.
What (material):	N/A
What (procedures):	A pool walking exercise program. 60-70% of maximum heart rate.
Who provided:	N/A
How (mode of delivery; individual or group):	N/A
Where:	The pool walking exercise was carried out in a pool with 15 meters width. The water height in the pool was considered as much as 70-80% of the cases height.
When and how much:	Pool walking exercise was implemented for 6 weeks and 3 sessions every week. The participants in the experimental group walked a total of 14.850 meters during 18 sessions. Generally the participants exercised two times daily during the first week, but for the next weeks they exercised three times daily.
Tailoring:	The experimental group were divided to some subgroups and in each subgroup, those who had similar VO2 max walked in the water with equal intensity and rhythm. After every set, the activity intensity was controlled with pulse rate.
Modification:	N/A
How well (planned):	N/A
How well (actual):	N/A

Supplementary S5

List of trials across other systematic reviews
List of excluded trials with reason for exclusion

Trials	Brown 2013	Carter 2016	Radovic 2017	Bailey 2017	Oberste 2020	Our exclusion reason
Annesi 2005	x					Non-clinical participants
Beffert 1993					x	Included in current review
Bonhauser 2005	x	x				Non-clinical participants
Brown 1992		x	x			Non-clinical participants
Burrus 1985					x	Included in current reveiw
Carter 2015		x		x	x	Included in current review
Cohen-Kahn 1995						Non-clinical participants
Daley 2006	x					Non-clinical participants
Gordon 2010			x			Wrong population
Hilyer 1982	x	x	x			Non-clinical participants
Hughes 2013		x	x	x	x	Wrong comparator
Jeong 2005		x		x	x	Wrong intervention
Kanner 1991		x			x	Non-clinical participants
Khalsa 2012		x				Wrong population
Koniak-Griffin 1994			x			Wrong population
MacMahon 1988	x		x			Non-clinical participants
Melnyk 2009	x	x				Non-clinical participants
Melnyk 2013		x				Non-clinical participants
Mendelson 2010	x					Wrong intervention

Moghaddam 2012				x	x	Non-clincial participants
Mohammadi 2011				x	x	Non-clinical participants
Norris 1992	x					Wrong study design
Petty 2009	x					Non-clinical participants
Roshan 2011		x	x	x	x	Included in current review
Stella 2005			x			Non-clinical participants
Wunram 2018					x	Wrong comparator
Total included	9	11	8	6	10	

∗Prevention= non-clinical participants

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Greer, Tl Trombello, Jm Rethorst, Cd Carmody, Tj Jha, Mk Liao, A Grannemann, Bd Chambliss, Ho Church, Ts Trivedi, Mh. Improvements in psychosocial functioning and health-related quality of life following exercise augmentation in patients with treatment response but nonremitted major depressive disorder: Results from the tread study. 2016. Depression and Anxiety. 33. 9. 870-881	**Exclusion reason: Adult population**
Greist, Jh Klein, Mh Eischens, Rr Faris, Jw Gurman, As Morgan, Wd. Running as treatment for depression. 1979. Comprehensive Psychiatry. 20. 1. 41-54	**Exclusion reason: Adult population**
Guan, Shang-yi Li, Qui-li Zhang, Shao-sheng. Effect of strength training on depression and manoamine transmitters in female college students with depression symptoms. 2008. Journal of Wuhan Institute of Physical Education. 42. 10. 70-74	**Exclusion reason: Adult population**
Gurley, V. Neuringer, A. Massee, J. Dance and sports compared: effects on psychological well-being. / Comparaison danse et sports: les effets sur le bien-etre psychologique. 1984. Journal of Sports Medicine & Physical Fitness. 24. 1. 58-68	**Exclusion reason: Wrong study design**
Hagins, M. Haden, S. C. Daly, L. A. A Randomized Controlled Trial on the Effects of Yoga on Stress Reactivity in 6th Grade Students. 2013. Evidence-based Complementary and Alternative Medicine. 9	**Exclusion reason: Prevention**
Hallam, K. Bilsborough, S. de Courten, M. "Happy feet": Evaluating the benefits of a 100-day 10,000 step challenge on mental health and wellbeing. 2018. BMC Psychiatry Vol 18 2018, ArtID 19. 18. .	**Exclusion reason: Adult population**
Hallgren, M. Kraepelien, M. Ojehagen, A. Lindefors, N. Zeebari, Z. Kaldo, V. Forsell, Y. Physical exercise and internet-based cognitive-behavioural therapy in the treatment of depression: randomised controlled trial. 2015. British Journal of Psychiatry. 207. 3. 227-34	**Exclusion reason: Adult population**
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Harris, D. V. Rueter, M. Mutrie, N. The effects of running on individuals who are clinically depressed. 1985.	**Exclusion reason: Adult population**
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Hodge, Tracy Michele Rabin, Adele. The effects of exercise on depressed mood in prepubertal children. 2003. 3079008. 314	**Exclusion reason: Duplicate**
Hodge, Tracy Michele. The effects of exercise on depressed mood in prepubertal children. 2003. Dissertation Abstracts International: Section B: The Sciences and Engineering. 64. 1-B. 421	**Exclusion reason: Wrong study design**
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Holmes, Ds Roth, Dl. Effects of aerobic exercise training and relaxation training on cardiovascular activity during psychological stress. 1988. Journal of Psychosomatic Research. 32. 4-5. 469-474	**Exclusion reason: Prevention**
Hoying, Jacqueline Ann. COPE: A pilot study with urban sixth grade youth to improve physical activity and mental health outcomes. 2017. Dissertation Abstracts International: Section B: The Sciences and Engineering. 77. 10-B(E). No Pagination Specified	**Exclusion reason: Wrong study design**
Hoying, Jacqueline Melnyk, Bernadette Mazurek. COPE: A pilot study with urban-dwelling minority sixth-grade youth to improve physical activity and mental health outcomes. 2016. The Journal of School Nursing. 32. 5. 347-356	**Exclusion reason: Prevention**
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Jackson, Allen Greenleaf, Christy Martin, Scott Trent, Petrie. The Relations Between Health-Related Fitness and Depression in Middle School Children. 2011. Medicine & Science in Sports & Exercise. 43. . 274-274	**Exclusion reason: Wrong study design**
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Johnson, Janice A. The effects of group and individualized running therapy on depression. 1986. Dissertation Abstracts International. 46. 10-A. 2926	**Exclusion reason: Adult population**
Jung Su, Yang Jae Myun, K. O. Hee Tae, R. O. H. Effects of regular Taekwondo exercise on mood changes in children from multicultural families in South Korea: a pilot study. 2018.30. 4. 496-499	**Exclusion reason: Prevention**
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Keller, J. Exercise decreases risk of depression in kids. 2004. IDEA Fitness Journal. 1. 4. 21-21	**Exclusion reason: Wrong study design**
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Kennedy, Mm Newton, M. Effect of exercise intensity on mood in step aerobics. 1997. Journal of Sports Medicine and Physical Fitness. 37. 3. 200-204	**Exclusion reason: Adult population**
Kim, H. B. So, W. Y. EFFECT OF SIXTEEN WEEKS OF COMBINED EXERCISE ON BODY COMPOSITION, PHYSICAL FITNESS AND COGNITIVE FUNCTION IN KOREAN CHILDREN. 2015. South African Journal for Research in Sport Physical Education and Recreation. 37. 1. 47-57	**Exclusion reason: Prevention**
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Legrand, Fd. Effects of exercise on physical self-concept, global self-esteem, and depression in women of low socioeconomic status with elevated depressive symptoms. 2014. Journal of Sport & Exercise Psychology. 36. 4. 357-365	**Exclusion reason: Adult population**
Li, Gang Yin, Jian-Chun. The Effect of Shadowboxing Exercise on Mood and Î²-Ep in Still Condition of Female College Students. 2008. Journal of Beijing Sport University. 31. 3. 357-358	**Exclusion reason: Adult population**

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Lin, Susan H. Depression, health interventions, and play. 2012. OT Practice. 17. 15. 32-32	**Exclusion reason: Wrong study design**
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Lu, X. Wang, D. Q. Dong, Y. EFFECT OF SOLUTION-FOCUSED BRIEF THERAPY-BASED ON EXERCISE PRESCRIPTION INTERVENTION ON ADOLESCENT MENTAL HEALTH. 2017. Revista Argentina de Clinica Psicologica. 26. 3. 347-355	**Exclusion reason: Wrong intervention**
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Mailey, Emily L. Wojcicki, Thomas R. Motl, Robert W. Hu, Liang Strauser, David R. Collins, Kimberly D. McAuley, Edward. Internet-delivered physical activity intervention for college students with mental health disorders: A randomized pilot trial. 2010. Psychology, Health & Medicine. 15. 6. 646-659	**Exclusion reason: Adult population**
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Martinsen, E. W. Medhus, A. Sandvik, L. Effects of aerobic exercise on depression: a controlled study. 1985. British Medical Journal Clinical Research Ed. 291. 6488. 109	**Exclusion reason: Adult population**
Martinsen, E. W. Physical activity in the prevention and treatment of anxiety and depression. 2008. . . NUMB 47. 25-29	**Exclusion reason: Wrong study design**
Mayer, J. S. Hees, K. Medda, J. Grimm, O. Asherson, P. Bellina, M. Colla, M. Ibanez, P. Koch, E. Martinez-Nicolas, A. Muntaner-Mas, A. Rommel, A. Rommelse, N. de Ruiter, S. Ebner-Priemer, U. W. Kieser, M. Ortega, F. B. Thome, J. Buitelaar, J. K. Kuntsi, J. Ramos-Quiroga, J. A. Reif, A. Freitag, C. M. Bright light therapy versus physical exercise to prevent co-morbid depression and obesity in adolescents and young adults with attention-deficit / hyperactivity disorder: study protocol for a randomized controlled trial. 2018. Trials [Electronic Resource]. 19. 1. 140	**Exclusion reason: Prevention**
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McBride, Maureen A. Cardiovascular fitness training as an adjunct to depressive therapy. 1984. Dissertation Abstracts International. 44. 7-A. 2095	**Exclusion reason: Adult population**
McCabe, Kym M. The effects of yoga on symptoms associated with conduct disorder with callous unemotional traits as a moderator. 2010. Dissertation Abstracts International: Section B: The Sciences and Engineering. 71. 1-B. 664	**Exclusion reason: Prevention**
McCann, I. Holmes, David S. Influence of aerobic exercise on depression. 1984. Journal of Personality and Social Psychology. 46. 5. 1142-1147	**Exclusion reason: Adult population**
Melnyk, B. M. Kelly, S. Jacobson, D. Belyea, M. Shaibi, G. Small, L. O'Haver, J. Marsiglia, F. F. The COPE healthy lifestyles TEEN randomized controlled trial with culturally diverse high school adolescents: Baseline characteristics and methods. 2013. Contemporary Clinical Trials. 36. 1. 41-53	**Exclusion reason: Prevention**
Melnyk, Bernadette Kelly, Stephanie Jacobson, Diana Arcoleo, Kimberly Shaibi, Gabriel. Improving physical activity, mental health outcomes, and academic retention in college students with Freshman 5 to thrive: COPE/Healthy lifestyles. 2014. Journal of the American Association of Nurse Practitioners. 26. 6. 314-322	**Exclusion reason: Adult population**
Melnyk, Bernadette M. Jacobson, Diana Kelly, Stephanie Belyea, Michael Shaibi, Gabriel Small, Leigh O'Haver, Judith Marsiglia, Flavio F. Promoting healthy lifestyles in high school adolescents: A randomized controlled trial. 2013. American Journal of Preventive Medicine. 45. 4. 407-415	**Exclusion reason: Prevention**
Melnyk, Bm Jacobson, D Kelly, S O'Haver, J Small, L Mays, Mz. Improving the mental health, healthy lifestyle choices, and physical health of Hispanic adolescents: a randomized controlled pilot study. 2009. Journal of School Health. 79. 12. 575-584	**Exclusion reason: Prevention**
Melnyk, Bm Jacobson, D Kelly, Sa Belyea, Mj Shaibi, Gq Small, L O'Haver, Ja Marsiglia, Ff. Twelve-Month Effects of the COPE Healthy Lifestyles TEEN Program on Overweight and Depressive Symptoms in High School Adolescents. 2015. Journal of School Health. 85. 12. 861-870	**Exclusion reason: Wrong intervention**
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Monk, Susan V. Intensity and mastery in physical activity as related to depression and mood. 1991. Dissertation Abstracts International. 51. 9-A. 3012	**Exclusion reason: Adult population**
Morgan, W. Psychological consequences of vigorous physical activity. 1976.	**Exclusion reason: Wrong study design**
Morken, G. Sund, A. M. P.1.141 Physical activity as a protection against depressive symptoms in early adolescence. 2003. VOL 13 SUPPL 4. S234	**Exclusion reason: Wrong study design**
Motta, Robert W. Kuligowski, Jenna M. Marino, Dawn M. The Role of Exercise in Reducing Childhood and Adolescent PTSD, Anxiety, and Depression. 2010. Communique. 38. 6. 24-26	**Exclusion reason: Wrong study design**
Nabkasorn, C. Miyai, N. Sootmongkol, A. Junprasert, S. Yamamoto, H. Arita, M. Miyashita, K. Effects of physical exercise on depression, neuroendocrine stress hormones and physiological fitness in adolescent females with depressive symptoms [with consumer summary]. 2006. European Journal of Public Health 2006 Apr16(2):179-184.	**Exclusion reason: Adult population**
Nanney, Marilyn S. A programme of culturally tailored dance plus an intervention to reduce screen media use does not reduce BMI over 2 years compared with health education in preadolescent low-income	**Exclusion reason: Wrong study design**

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Neissaar, Inga Kikas, Maris Jarvekulg, Anu Viru, Mehis Viru, Atko. Neposredan Ut Jecaj Vjezbanja Aerobike Na Smanjenje Anksioznosti I Uravnotezenje Raspolozenja: Relacije Sa Zivotnom Dobi, Crtama Licnosti I Pocetnim Raspolozenjem. 2002. Kinesiology. 34. 1. 86-93	**Exclusion reason: Adult population**
Newman, Caren L. Motta, Robert W. The effects of aerobic exercise on childhood PTSD, anxiety, and depression. 2007. International Journal of Emergency Mental Health. 9. 2. 133-158	**Exclusion reason: Wrong study design**
Newman, Caren L. The effects of aerobic exercise on childhood PTSD, anxiety, and depression. 2007. Dissertation Abstracts International: Section B: The Sciences and Engineering. 67. 10-B. 6070	**Exclusion reason: Wrong patient population**
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NONPROFIT PROGRAM BENEFITS MENTAL HEALTH FOR CHILDREN OF WOUNDED SERVICE MEMBERS. 2012. Exceptional Parent. 42. 3. 54-54	**Exclusion reason: Wrong study design**
Norris, Richard Carroll, Douglas Cochrane, Raymond. The effects of physical activity and exercise training on psychological stress and well-being in an adolescent population. 1992. Journal of Psychosomatic Research. 36. 1. 55-65	**Exclusion reason: Wrong study design**
North, T. C. McCullagh, P. Tran, Z. V. Effect of exercise on depression. 1990. Exercise & Sport Sciences Reviews. 18. . 379-415	**Exclusion reason: Wrong study design**
Nugraha, B. Gutenbrunner, C. Evidence of exercise in management of depression. 2013. . . VOL 45 NUMB 9. IL56	**Exclusion reason: Wrong study design**
Oeland, Am Laessoe, U Olesen, Av Munk-JÃ¸rgensen, P. Impact of exercise on patients with depression and anxiety. 2010. Nordic Journal of Psychiatry. 64. 3. 210-217	**Exclusion reason: Adult population**
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Pakstis, John C. A study of the relationship between aerobic exercise and mood, attributional style and self-consciousness of depressives. 1989. Dissertation Abstracts International. 49. 8-B. 3453	**Exclusion reason: Adult population**
Pallavi, P. A randomized, single-blind, trial of yoga therapy as an adjunct to SSRI treatment for adolescent depression patients: Variations in serum cytokine and neurotrophin levels. 2014. Biological Psychiatry. 1).118S	**Exclusion reason: Wrong study design**
Palmer, J. A. Palmer, L. K. Michiels, K. Thigpen, B. Effects of type of exercise on depression in recovering substance abusers. 1995. Perceptual & Motor Skills. 80. 2. 523-30	**Exclusion reason: Adult population**
Pareja-Galeano, Helios Sanchis-Gomar, Fabian Lucia, Alejandro. Physical activity and depression: type of exercise matters..JAMA Pediatr. 2014 Dec168(12):1093-100. 2015. JAMA Pediatrics. 169. 3. 288-289	**Exclusion reason: Wrong study design**
Park, Alice. How Exercise Can Help Depression in Kids. 2017. ASCA Newsletter. 2017. 7. 18-19	**Exclusion reason: Wrong study design**
Parker, A. G. Hetrick, S. E. Jorm, A. F. Yung, A. R. McGorry, P. D. Mackinnon, A. Moller, B. Purcell, R. The effectiveness of simple psychological and exercise interventions for high prevalence mental health problems in young people: A factorial randomised controlled trial. 2011. Trials [Electronic Resource]. 12 (no pagination). 76.	**Exclusion reason: Wrong intervention**
Parker, Alexandra G. Hetrick, Sarah E. Jorm, Anthony F. Mackinnon, Andrew J. McGorry, Patrick D. Yung, Alison R. Scanlan, Faye Stephens, Jessica Baird, Shelley Moller, Bridget Purcell, Rosemary. The effectiveness of simple psychological and physical activity interventions for high prevalence mental health problems in young people: A factorial randomised controlled trial. 2016. Journal of Affective Disorders. 196. 200-209	**Exclusion reason: Prevention**
Pauls, J. Mitchell, K. The effect of exercise and attitude towards school on perceived depression in adolescents. 2002. Journal of the Section on Women's Health. 26. 2. 15-20	**Exclusion reason: Wrong study design**
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Petty, Karen H. Davis, Catherine L. Tkacz, Joseph Young-Hyman, Deborah Waller, Jennifer L. Exercise effects on depressive symptoms and self-worth in overweight children: A randomized controlled trial. 2009. Journal of Pediatric Psychology. 34. 9. 929-939	**Exclusion reason: Prevention**
Philipsson, A. Duberg, A. Moller, M. Hagberg, L. Cost-utility analysis of a dance intervention for adolescent girls with internalizing problems. 2013. Cost Effectiveness & Resource Allocation. 11. 1. 4	**Exclusion reason: Wrong outcomes**
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