

eAppendix. Full Search Strategy per Database

Research question:

Welcher Typ von Bewegung fördert welche Art von positiver mentaler Gesundheit bei Jugendlichen? Erste Ergebnisse einer systematischen Literaturanalyse

Which type of physical activity promotes which type of positive mental health in adolescents? Preliminary results from a systematic review

Overview databases & results

<https://boris.unibe.ch/196897/>

Date last searched: **May 30th, 2024.**

	Before deduplication	After deduplication
Medline ALL (Ovid)	1873	
Embase.com	1819	
PsycInfo (Ovid)	1015	
Cochrane CENTRAL	2037	
SPORTDiscus (via EBSCOhost)	1208	
CINAHL with Full Text (via EBSCOhost)	1925	
Web of Science	2337	
Total	12114	7129

4969 duplicate records removed using Deduklick

16 duplicates removed manually in EndNote

* Duplicate records are removed using a fully automated AI-based deduplication solution, Deduklick [1].

[1] Borissov, N.; Haas, Q.; Minder, B.; Kopp-Heim, D.; von Gernler, M.; Janka, H.; Teodoro, D.; Amini, P. Reducing systematic review burden using Deduklick: A novel, automated, reliable, and explainable deduplication algorithm to foster medical research. *Syst. Rev.* 2022, 11, 172.

Medline ALL (via Ovid)

Concepts: 1 AND 2 AND 3 AND 4

1) Physical activity
(exp *Exercise/ not (Cool-Down Exercise/ or Muscle Stretching Exercises/ or Physical Conditioning, Animal/ or Post-Exercise Recovery/ or Preoperative Exercise/ or Stair Climbing/ or Warm-Up Exercise/)) or (exp *Sports/ not (exp Athletic Performance/ or Return to Sport/ or Sports for Persons with Disabilities/)) or (physical activit* or sport? or walking or running or jogging or swimming or exercise? or exercising or strength training* or resistance training* or weight training* or aerobics or physical endurance* or physical fitness or physical strength* or physical conditioning* or physical training* or active transport* or commut* or travel mode* or biking or bike? or bicycl* or (recreation* adj2 (activit* or sport?)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance? or fencing or football or golf? or golfing or gymnast* or gym or hiking or hockey or horse-riding or horseback-riding or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or martial-art* or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai Chi or Tai Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba).ti,kf.

source: <https://doi.org/10.48350/196897> | downloaded: 19.10.2024

2) Mental health

exp *Self Concept/ OR *Mental Health/ OR *Psychological Well-Being/ OR (Body image OR Connectedness OR Emotional health OR Happiness OR Health literacy OR Life quality OR Life satisfaction OR Mental health OR Optimism OR (Perceived adj3 (appearance* OR competence* OR fitness OR mood* or "health status")) OR (Positive adj3 (affect* OR mood*)) OR Psychologic* health OR Psychosocial health OR Quality of life OR Relaxation OR Resilience OR Satisfaction with life OR Self-confidence OR Self-concept OR Self-efficacy or Self-esteem* OR Self-image OR Self-perception* OR Sense of belonging OR Social health OR Vitality OR Well-being OR Wellbeing).ti,kf

3) Adolescents (12-19 years)

Adolescent/ or Young Adult/ or (adolescen* or teen* or youth* or juvenil* or young adult* or early adulthood or young person* or young individual* or young people* or young population* or girl or girls or boy or boys or student? or secondary schooler? or middle schooler? or high schooler? or highschooler? or secondary school? or middle school? or high school? or highschool?).ab,ti.

4) Limitations:

Exclusion of animal studies, conference abstracts, letters, notes

Exclusion of diseases (in a clinical context), as we are looking at healthy people.

Study types of interest: Interviews, Observational studies, Randomized controlled trials

Years: from 2009 - 2024

"Document Analysis"/ or focus groups/ or interviews as topic/ or narration/ or qualitative research/ or exp "personal narratives as topic"/ or "Surveys and Questionnaires"/ or ((depth or face or group or guided or indepth or informal or semistructured or structured or unstructured) adj4 (discussion or discussions or interview or interviewed or interviews or questionnaire or questionnaires)).ti,ab. or (ethnographic or ethnography or (field adj1 work) or fieldwork or (focus adj1 (group or groups)) or (groups adj2 interviewed) or (key adj1 (informant or informants)) or (qualitative adj2 (research or studies or studies or synthesis)) or mixed method*).ti,ab.

[based on: VonVille, Helena. Filters for qualitative studies. University of Pittsburgh; Qualitative studies filter (updated 13 May 2024) <https://hsls.libguides.com/Ovid-Medline-search-filters/qualitative-studies#s-lg-box-32403562>]

OR

(cohort studies/ OR longitudinal studies/ OR follow-up studies/ OR prospective studies/ OR retrospective studies/ OR Non-Randomized Controlled Trials as Topic/ OR Observational Study/ OR (cohort* OR longitudinal OR prospective OR observation* OR retrospective OR quasi-experimental OR experimental OR before-and-after OR pre-post OR intervention* OR follow-up OR followup).ab,ti)

[based on: VonVille, Helena. Filters for Epidemiological studies. University of Pittsburgh; Cohort studies (Updated 13 May 2024) <https://hsls.libguides.com/c.php?g=1380905&p=10281035>]

OR

(exp randomized controlled trial/ OR controlled clinical trial.pt. OR random*.ab. OR placebo.ab. OR clinical trials as topic/ OR trial.ti.)

[Cochrane RCT filter, MEDLINE Sensitivity-maximizing version (2023 revision) for Ovid, ISSG Search Filter Resource]

NOT (letter or news or comment or editorial or congress).pt. NOT (exp animals/ NOT humans/)

NOT (Review.pt. OR Systematic Review.pt. OR meta analysis.pt OR Cross-Sectional Studies/ OR systematic review.ti OR literature review.ti. OR umbrella review.ti OR review of reviews.ti OR cross-sectional.ti)

NOT (anorexia OR arrhythmia* OR cancer* OR cardiovascular disease* OR chemotherap* OR chronic OR concussion OR cystic fibrosis OR diabet* OR disorder* OR disable* OR disabilit* OR disease* OR doping OR epilepsy OR illness* OR implant* OR injur* OR myocardial infarct* OR multiple sclerosis OR orthodont* OR orthopedic OR orthopaedic OR pain OR patient* OR postpartum OR pregnan* OR psychiatr* OR rehabilitat* OR screening OR sick OR sickness OR surg* OR syndrome* OR suicid* OR therap* OR transplant*).ti.

AND

2009:2025.(sa_year).

Database:

Ovid MEDLINE(R) ALL <1946 to May 29, 2024>

<https://ovidsp.ovid.com/ovidweb.cgi?T=JS&NEWS=N&PAGE=main&SHAREDSEARCHID=4Ror6SLSYWFiPy3RhBze7kZAcBL5vaXs8ry4U2h8dUo6veaQVyiBdxtfAiREU4cTW>

#Query	Results from 30 May 2024
<p>1 (exp *Exercise/ not (Cool-Down Exercise/ or Muscle Stretching Exercises/ or Physical Conditioning, Animal/ or Post-Exercise Recovery/ or Preoperative Exercise/ or Stair Climbing/ or Warm-Up Exercise/)) or (exp *Sports/ not (exp Athletic Performance/ or Return to Sport/ or Sports for Persons with Disabilities/)) or (physical activit* or sport? or walking or running or jogging or swimming or exercise? or exercising or strength training* or resistance training* or weight training* or aerobics or physical endurance* or physical fitness or physical strength* or physical conditioning* or physical training* or active transport* or commut* or travel mode* or biking or bike? or bicycl* or (recreation* adj2 (activit* or sport?)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance? or fencing or football or golf? or golfing or gymnast* or gym or hiking or hockey or horse-riding or horseback-riding or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or martial-art* or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai Chi or Tai Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba).ti,kf.</p>	453,854
<p>2 exp *Self Concept/ or *Mental Health/ or *Psychological Well-Being/ or (Body image or Connectedness or Emotional health or Happiness or Health literacy or Life quality or Life satisfaction or Mental health or Optimism or (Perceived adj3 (appearance* or competence* or fitness or mood* or "health status"))) or (Positive adj3 (affect* or mood*)) or Psychologic* health or Psychosocial health or Quality of life or Relaxation or Resilience or Satisfaction with life or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or Sense of belonging or Social health or Vitality or Well-being or Wellbeing).ti,kf.</p>	426,239
<p>3 Adolescent/ or Young Adult/ or (adolescen* or teen* or youth* or juvenil* or young adult* or early adulthood or young person* or young individual* or young people* or young population* or girl or girls or boy or boys or student? or secondary schooler? or middle schooler? or high schooler? or highschooler? or secondary school? or middle school? or high school? or highschool?).ab,ti.</p>	3,413,231
<p>4 (("Document Analysis"/ or focus groups/ or interviews as topic/ or narration/ or qualitative research/ or exp "personal narratives as topic"/ or "Surveys and Questionnaires"/ or ((depth or face or group or guided or indepth or informal or semistructured or structured or unstructured) adj4 (discussion or discussions or interview or interviewed or interviews or questionnaire or questionnaires)).ti,ab. or (ethnographic or ethnography or mixed method* or (field adj1 work) or fieldwork or (focus adj1 (group or groups)) or (groups adj2 interviewed) or (key adj1 (informant or informants)) or (qualitative adj2 (research or studies or studies or synthesis))).ti,ab. or (cohort studies/ or longitudinal studies/ or follow-up studies/ or prospective studies/ or retrospective studies/ or Non-Randomized Controlled Trials as Topic/ or Observational Study/ or (cohort* or longitudinal or prospective or observation* or retrospective or quasi-experimental or experimental or before-and-after or pre-post or intervention* or follow-up or followup).ab,ti.) or (exp randomized controlled trial/ or controlled clinical trial.pt. or random*.ab. or placebo.ab. or clinical trials as topic/ or trial.ti.)) not (letter or news or comment or editorial or congress).pt. not (exp animals/ not humans/) not ((Review or Systematic Review or meta analysis).pt. or Cross-Sectional Studies/ or systematic</p>	2,624,320

review.ti. or literature review.ti. or umbrella review.ti. or review of reviews.ti. or cross-sectional.ti.) not (anorexia or arrhythmia* or cancer* or cardiovascular disease* or chemotherap* or chronic or concussion or cystic fibrosis or diabet* or disorder* or disable* or disabilit* or disease* or doping or epilepsy or illness* or implant* or injur* or myocardial infarct* or multiple sclerosis or orthodont* or orthopedic or orthopaedic or pain or patient* or postpartum or pregnan* or psychiatr* or rehabilitat* or screening or sick or sickness or surg* or syndrome* or suicid* or therap* or transplant*).ti.) and 2009:2025.(sa_year).	
5 1 and 2 and 3 and 4	1,873

Embase.com (Elsevier)

#Query	Results from 30 May 2024
1 ('exercise'/exp/mj not ('cool down'/de or 'stretching exercise'/de or 'exercise recovery'/de or 'preoperative exercise'/de or 'stair climbing'/de or 'warm up'/de)) or 'physical activity'/mj or ('sport'/exp/mj not ('athletic performance'/de or athlete/exp/mj or 'cardiorespiratory fitness'/de or 'endurance'/de or 'return to sport'/de or 'disabled sport'/exp)) or ('physical activit*' or sport* or walking or running or jogging or swimming or exercise* or exercising or 'strength training*' or 'resistance training*' or 'weight training*' or aerobics or 'physical endurance*' or 'physical fitness' or 'physical strength*' or 'physical conditioning*' or 'physical training*' or 'active transport*' or commut* or 'travel mode*' or biking or bike or bicycl* or (recreation* NEAR/2 (activit* or sport*)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance or fencing or football or golf or golfing or gymnast* or gym or hiking or hockey or horse-riding or horseback-riding or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or martial-art* or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai-Chi or Tai-Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba):ti,kw	559,748
2 'self concept'/exp/mj or 'mental health'/exp/mj or 'psychological well-being'/mj or ('Body image' or Connectedness or 'Emotional health' or Happiness or 'Health literacy' or 'Life quality' or 'Life satisfaction' or 'Mental health' or Optimism or (Perceived NEAR/3 (appearance* or competence* or fitness or mood* or 'health status')) or (Positive NEAR/3 (affect* or mood*)) or 'Psychologic* health' or 'Psychosocial health' or 'Quality of life' or Relaxation or Resilience or 'Satisfaction with life' or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or 'Sense of belonging' or 'Social health' or Vitality or Well-being or Wellbeing):ti,kw	545,073
3 'adolescent'/de or 'adolescence'/exp or 'young adult'/de or 'juvenile'/de or (adolescen* or teen* or youth* or juvenil* or 'young adult*' or 'early adulthood' or 'young person*' or 'young individual*' or 'young people*' or 'young population*' or girl or girls or boy or boys or student or students or 'secondary schooler*' or 'middle schooler*' or 'high schooler*' or highschooler* or ((secondary or middle or high) NEXT/2 (school or schools)) or highschool or highschools):ab,ti	3,344,160
4 Qualitative research: filter from https://blocks.bmi-online.nl/catalog/293 [University Library Vrije Universiteit Amsterdam] 'qualitative research'/exp OR 'interview'/exp OR 'narrative'/exp OR 'storytelling'/exp OR 'grounded theory'/exp OR 'observational study'/exp OR 'recording'/exp OR 'thematic analysis'/exp OR 'content analysis'/exp OR 'ethnographic research'/exp OR 'field study'/exp OR 'participant observation'/exp	3,319,378

<p>OR 'phenomenology'/exp OR 'qualitative analysis'/exp OR 'qualitative methods'/exp OR 'in depth interview'/exp OR 'face to face interview'/exp OR 'thematic analys*':ab,ti,kw OR 'content analys*':ab,ti,kw OR 'focus group*':ab,ti,kw OR ethnograph*':ab,ti,kw OR ethnograf*':ab,ti,kw OR etnograf*':ab,ti,kw OR 'field stud*':ab,ti,kw OR phenomenolog*':ab,ti,kw OR narration*':ab,ti,kw OR narrative:ab,ti,kw OR 'qualitative stud*':ab,ti,kw OR 'qualitative analys*':ab,ti,kw OR 'qualitative research*':ab,ti,kw OR 'qualitative method*':ab,ti,kw OR multimethodolog*':ab,ti,kw OR 'mixed method*':ab,ti,kw OR observation*':ab,ti,kw OR 'grounded theory':ab,ti,kw OR 'audio recording*':ab,ti,kw OR 'tape recording*':ab,ti,kw OR audiotape*':ab,ti,kw OR (('semi-structured':ab,ti,kw OR semistructured:ab,ti,kw OR unstructured:ab,ti,kw OR informal:ab,ti,kw OR 'in-depth':ab,ti,kw OR indepth:ab,ti,kw OR 'face-to-face':ab,ti,kw OR structured:ab,ti,kw OR guide*':ab,ti,kw) AND (interview*':ab,ti,kw OR discussion*':ab,ti,kw OR questionnaire*':ab,ti,kw)) OR ('clinical trial'/exp OR randomization/exp OR 'prospective study'/exp OR 'longitudinal study'/exp OR 'retrospective study'/de OR 'cohort analysis'/de OR 'follow up'/de OR 'major clinical study'/de OR (trial* OR random* OR rct OR prospective* OR retrospective* OR longitudinal* OR cohort* OR observation* OR quasi-experimental OR experimental OR before-and-after OR pre-post OR intervention* OR follow-up* OR followup):ab,ti) NOT ([Conference Abstract]/lim OR [Letter]/lim OR [Note]/lim OR [Editorial]/lim) NOT ([animals]/lim NOT [humans]/lim) NOT ('systematic review'/de OR 'meta analysis'/exp OR 'cross-sectional study'/de OR 'systematic review':ti OR 'literature review':ti OR 'umbrella review':ti OR 'review of reviews':ti OR meta-analys*':ti OR cross-sectional:ti) NOT (anorexia or arrhythmia* or cancer* or 'cardiovascular disease*' or chemotherap* or chronic or concussion or 'cystic fibrosis' or diabet* or disorder* or disable* or disabilit* or disease* or doping or epilepsy or illness* or implant* or injur* or 'myocardial infarct*' or 'multiple sclerosis' or orthodont* or orthopedic or orthopaedic or pain or patient* or postpartum or pregnan* or psychiatr* or rehabilitat* or screening or sick or sickness or surg* or syndrome* or suicid* or therap* or transplant*):ti AND [2009-2025]/py</p>	
51 and 2 and 3 and 4	1,819

Database:

APA PsycInfo <1806 to May Week 4 2024>

<https://ovidsp.ovid.com/ovidweb.cgi?T=JS&NEWS=N&PAGE=main&SHAREDSEARCHID=1ni7Sm7kqPt30mu4QF1AHjj3TFa4Kkj1Rrg500G4fNxxVn4A6YCqHFkFHfEHZmVqd>

#Query	Results from 30 May 2024
<p>1 exp *Exercise/ or exp *physical activity/ or (exp *Sports/ not exp Athletic Performance/) or (physical activit* or sport? or walking or running or jogging or swimming or exercise? or exercising or strength training* or resistance training* or weight training* or aerobics or physical endurance* or physical fitness or physical strength* or physical conditioning* or physical training* or active transport* or commut* or travel mode* or biking or bike? or bicycl* or (recreation* adj2 (activit* or sport?)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance? or fencing or football or golf? or golfing or gymnast* or gym or hiking or hockey or horse-riding or horseback-riding or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or martial-art* or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai Chi or Tai Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba).ti,id.</p>	122,242

2	exp *Self-Concept/ or exp *mental health/ or exp *well being/ or (Body image or Connectedness or Emotional health or Happiness or Health literacy or Life quality or Life satisfaction or Mental health or Optimism or (Perceived adj3 (appearance* or competence* or fitness or mood* or "health status")) or (Positive adj3 (affect* or mood*)) or Psychologic* health or Psychosocial health or Quality of life or Relaxation or Resilience or Satisfaction with life or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or Sense of belonging or Social health or Vitality or Well-being or Wellbeing).ti,id.	395,904
3	(adolescen* or teen* or youth* or juvenil* or young adult* or early adulthood or young person* or young individual* or young people* or young population* or girl or girls or boy or boys or student? or secondary schooler? or middle schooler? or high schooler? or highschooler? or secondary school? or middle school? or high school? or highschool?).ab,ti.	1,062,464
4	University of Texas School of Public Health. Search filters for qualitative studies, cohort studies, and clinical trials https://libguides.sph.uth.tmc.edu/search_filters/ovid_psycinfo_filters (((("semi-structured" or semistructured or unstructured or informal or "in-depth" or indepth or "face-to-face" or structured or guide or guides) adj3 (interview* or discussion* or questionnaire*)) or (focus group* or qualitative or ethnograph* or mixed method* or fieldwork or "field work" or "key informant")).ti,ab,id. or exp qualitative research/ or exp interviews/ or exp group discussion/ or qualitative study.md. or (cohort or longitudinal or prospective or retrospective or observation* or quasi-experimental or experimental or before-and-after or pre-post or intervention* or follow-up or followup).ti,ab,id. or longitudinal study.md. or prospective study.md. or retrospective study.md. or exp clinical trials/ or randomized clinical trials/ or exp randomized controlled trials/ or "treatment outcome clinical trial".md. or ((randomi?ed adj7 trial*) or ((single or doubl* or tripl* or treb*) and (blind* or mask*)) or (controlled adj3 trial*) or (clinical adj2 trial*)).ti,ab,id.) not ("Literature Review" or meta-analysis).md. not (anorexia or arrhythmia* or cancer* or cardiovascular disease* or chemotherap* or chronic or concussion or cystic fibrosis or diabet* or disorder* or disable* or disabilit* or disease* or doping or epilepsy or illness* or implant* or injur* or myocardial infarct* or multiple sclerosis or orthodont* or orthopedic or orthopaedic or pain or patient* or postpartum or pregnan* or psychiatr* or rehabilitat* or screening or sick or sickness or surg* or syndrome* or suicid* or therap* or transplant*).ti. not cross-section*.ti. not case-report*.ti.	1,221,450
5	1 and 2 and 3 and 4	1,608
6	limit 5 to yr="2009 -Current"	1,304
7	limit 6 to peer reviewed journal	1,015

Cochrane CENTRAL of Controlled Trials

Issue 4 of 12, April 2024

ID Search Hits

#1 ((physical NEXT activit*) or sport* or walking or running or jogging or swimming or exercise* or exercising or (strength NEXT training*) or (resistance NEXT training*) or (weight NEXT training*) or aerobics or (physical NEXT endurance*) or (physical NEXT fitness) or (physical NEXT strength*) or (physical NEXT conditioning*) or (physical NEXT training*) or (active NEXT transport*) or commut* or (travel NEXT mode*) or biking or bike or bicycl* or (recreation* NEAR/2 (activit* or sport*)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance or fencing or football or golf or golfing or gymnast* or gym or hiking or hockey or horse-riding or horseback-riding or judo or jiu-jitsu or ju-jitsu or karate or

kayaking or kung-fu or marathon or (martial NEXT art*) or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai-Chi or Tai-Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba):ti,kw 146985

#2 ("Body image" or Connectedness or "Emotional health" or Happiness or "Health literacy" or "Life quality" or "Life satisfaction" or "Mental health" or Optimism or (Perceived NEAR/3 (appearance* or competence* or fitness or mood* or health-status)) or (Positive NEAR/3 (affect* or mood*)) or (Psychologic* NEXT health) or "Psychosocial health" or "Quality of life" or Relaxation or Resilience or "Satisfaction with life" or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or "Sense of belonging" or "Social health" or Vitality or Well-being or Wellbeing):ti,kw 138188

#3 (adolescen* or teen* or youth* or juvenil* or (young NEXT adult*) or "early adulthood" or (young NEXT person*) or (young NEXT individual*) or (young NEXT people*) or (young NEXT population*) or girl or girls or boy or boys or student or students or (secondary NEXT schooler*) or (middle NEXT schooler*) or (high NEXT schooler*) or highschooler* or ((secondary or middle or high) NEXT/2 (school or schools)) or highschool or highschools):ab,ti,kw 288894

#4 #1 AND #2 AND #3 3949

#5 (anorexia or arrhythmia* or cancer* or (cardiovascular NEXT disease*) or chemotherap* or chronic or concussion or "cystic fibrosis" or diabet* or disorder* or disable* or disabilit* or disease* or doping or epilepsy or illness* or implant* or injur* or (myocardial NEXT infarct*) or "multiple sclerosis" or orthodont* or orthopedic or orthopaedic or pain or patient* or postpartum or pregnan* or psychiatr* or rehabilitat* or screening or sick or sickness or surg* or syndrome* or suicid* or therap* or transplant*):ti 1024859

#6 #4 NOT #5 2263

#7 Year range: 2009 to 2024 2037 Trials

SPORTDiscus with Full Text (via EBSCOhost)

#	Query Expanders - Apply equivalent subjects Search modes - Find all my search terms
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S11	S9 NOT S10	1,208
S10	TI ((athlete* NOT non-athlet*))	17,148
S9	S5 NOT S6 Limiters - Publication Date: 20090101-20241231; Peer Reviewed	1,200
S8	S5 NOT S6 Limiters - Peer Reviewed	1,466
S7	S5 NOT S6	1,600
S6	TI (("systematic review" or "literature review" or "umbrella review" or "review of reviews" or cross-sectional)) OR TI ((anorexia or arrhythmia* or cancer* or "cardiovascular disease*" or chemotherap* or chronic or concussion or cystic fibrosis or diabet* or disorder* or disable* or disabilit* or disease* or doping or epilepsy or illness* or implant* or injur* or "myocardial infarct*" or "multiple sclerosis" or orthodont* or orthopedic or orthopaedic or pain or patient* or postpartum	250,400

	or pregnan* or psychiatr* or rehabilitat* or screening or sick or sickness or surg* or syndrome* or suicid* or therap* or transplant*)	
S5	S1 AND S2 AND S3 AND S4	1,791
S4	TI ((((depth or face or group or guided or indepth or informal or semistructured or structured or unstructured) N4 (discussion or discussions or interview or interviewed or interviews)) or questionnaire or questionnaires or survey or surveys or (ethnographic or ethnography or (field N1 work) or fieldwork or (focus N1 (group or groups)) or (groups N2 interviewed) or (key N1 (informant or informants)) or (qualitative N2 (research or studies or studies or synthesis)) or (cohort* or longitudinal or prospective or observation* or retrospective or quasi-experimental or experimental or before-and-after or pre-post or intervention* or follow-up or followup or random* or RCT or placebo or trial*))) OR AB ((((depth or face or group or guided or indepth or informal or semistructured or structured or unstructured) N4 (discussion or discussions or interview or interviewed or interviews)) or questionnaire or questionnaires or survey or surveys or mixed method* or (ethnographic or ethnography or (field N1 work) or fieldwork or (focus N1 (group or groups)) or (groups N2 interviewed) or (key N1 (informant or informants)) or (qualitative N2 (research or studies or studies or synthesis)) or (cohort* or longitudinal or prospective or observation* or retrospective or quasi-experimental or experimental or before-and-after or pre-post or intervention* or follow-up or followup or random* or RCT or placebo or trial*))) OR KW ((((depth or face or group or guided or indepth or informal or semistructured or structured or unstructured) N4 (discussion or discussions or interview or interviewed or interviews)) or questionnaire or questionnaires or survey or surveys or mixed method* or (ethnographic or ethnography or (field N1 work) or fieldwork or (focus N1 (group or groups)) or (groups N2 interviewed) or (key N1 (informant or informants)) or (qualitative N2 (research or studies or studies or synthesis)) or (cohort* or longitudinal or prospective or observation* or retrospective or quasi-experimental or experimental or before-and-after or pre-post or intervention* or follow-up or followup or random* or RCT or placebo or trial*)))	369,728
S3	TI ((adolescen* or teen* or youth* or juvenil* or "young adult*" or "early adulthood" or "young person*" or "young individual*" or "young people*" or "young population*" or girl or girls or boy or boys or student* or "secondary schooler*" or "middle schooler*" or "high schooler*" or highschooler* or "secondary school" or "middle school" or "high school" or highschool)) OR AB ((adolescen* or teen* or youth* or juvenil* or "young adult*" or "early adulthood" or "young person*" or "young individual*" or "young people*" or "young population*" or girl or girls or boy or boys or student* or "secondary schooler*" or "middle schooler*" or "high schooler*" or highschooler* or "secondary school" or "middle school" or "high school" or highschool)) OR KW ((adolescen* or teen* or youth* or juvenil* or "young adult*" or "early adulthood" or "young person*" or "young individual*" or "young people*" or "young population*" or girl or girls or boy or boys or student* or "secondary schooler*" or "middle schooler*" or "high schooler*" or highschooler* or "secondary school" or "middle school" or "high school" or highschool))	200,191
S2	TI (((Body W1 image) or Connectedness or (Emotional W1 health) or Happiness or (Health W1 literacy) or (Life W1 quality) or (Life W1 satisfaction) or "Mental health" or Optimism or (Perceived N2 (appearance* or competence* or fitness or mood* or "health status")) or (Positive N2 (affect* or mood*)) or (Psychologic* W1 health) or "Psychosocial health" or "Quality of life" or Relaxation or Resilience or "Satisfaction with life" or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or "Sense of belonging" or "Social health" or Vitality or Well-being or Wellbeing)) OR KW (((Body W1 image) or Connectedness or (Emotional W1 health) or Happiness or (Health W1 literacy) or (Life W1 quality) or (Life W1 satisfaction) or "Mental health" or Optimism or (Perceived N2 (appearance* or competence* or fitness or mood* or "health status")) or (Positive N2 (affect* or mood*)) or (Psychologic* W1 health) or "Psychosocial health" or "Quality of life" or Relaxation or Resilience or "Satisfaction with life" or Self-confidence or Self-concept or Self-	33,765

	efficacy or Self-esteem* or Self-image or Self-perception* or "Sense of belonging" or "Social health" or Vitality or Well-being or Wellbeing))	
S1	TI (((physical W1 activit*) or sport or sports or walking or running or jogging or swimming or exercise or exercises or exercising or (strength W1 training*) or (resistance W1 training*) or (weight W1 training*) or aerobics or (physical W1 endurance*) or (physical W1 fitness) or (physical W1 strength*) or (physical W1 conditioning*) or (physical W1 training*) or (active W1 transport*) or commut* or (travel* W1 mode*) or biking or bike or bikes or bicycl* or (recreation* N2 (activit* or sport*)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance or fencing or football or golf or golfing or gymnast* or gym or hiking or hockey or (horse W1riding) or (horseback W1 riding) or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or (martial W1 art*) or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai-Chi or Tai-Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba)) OR KW (((physical W1 activit*) or sport or sports or walking or running or jogging or swimming or exercise or exercises or exercising or (strength W1 training*) or (resistance W1 training*) or (weight W1 training*) or aerobics or (physical W1 endurance*) or (physical W1 fitness) or (physical W1 strength*) or (physical W1 conditioning*) or (physical W1 training*) or (active W1 transport*) or commut* or (travel* W1 mode*) or biking or bike or bikes or bicycl* or (recreation* N2 (activit* or sport*)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance or fencing or football or golf or golfing or gymnast* or gym or hiking or hockey or (horse W1riding) or (horseback W1 riding) or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or (martial W1 art*) or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai-Chi or Tai-Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba))	833,251

CINAHL (via EBSCOhost)

Cumulative Index to Nursing and Allied Health Literature CINAHL with Full Text

#	Query Expanders - Apply equivalent subjects Search modes - Find all my search terms
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S12	S9 NOT S10 Limiters - Publication Date: 20090101-20241231	1,925
S11	S9 NOT S10	2,239
S10	TI (("systematic review" or "literature review" or "umbrella review" or "review of reviews" or cross-sectional)) OR TI ((anorexia or arrhythmia* or cancer* or "cardiovascular disease*" or chemotherap* or chronic or cerebrovascular or concussion or cystic fibrosis or diabet* or disorder* or disable* or disabilit* or disease* or doping or epilepsy or illness* or implant* or injur* or "myocardial infarct*" or "multiple sclerosis" or neuromuscular* or neoplas* or orthodont* or orthopedic or orthopaedic or pain or patient* or postpartum or pregnan* or psychiatr* or rehabilitat* or screening or sick or sickness or stroke or surg* or survivor* or syndrome* or suicid* or therap* or transplant*))	2,813,417
S9	S4 AND S8	3,144
S8	S5 OR S6 OR S7	3,665,184
S7	(MH "Prospective Studies+" OR MH "Case Control Studies" OR MH "Correlational Studies") OR TI (cohort* or longitudinal or prospective or observation* or retrospective or quasi-experimental or	1,794,193

	experimental or before-and-after or pre-post or intervention* or follow-up or followup)) OR AB (cohort* or longitudinal or prospective or observation* or retrospective or quasi-experimental or experimental or before-and-after or pre-post or intervention* or follow-up or followup))	
S6	((MH "Experimental Studies+") OR (MH "Multicenter Studies") OR (MH "Random Sample+") OR (MH "Placebos") OR (MH "Control (Research)+") OR (MH "Crossover Design") OR ((TI random* OR AB random*) OR (TI sham OR AB sham) OR (TI placebo* OR AB placebo*)) OR (((TI singl* OR AB singl*) OR (TI doubl* OR AB doubl*)) W1 ((TI blind* OR AB blind*) OR (TI dumm* OR AB dumm*) OR (TI mask* OR AB mask*)) OR (((TI tripl* OR AB tripl*) OR (TI trebl* OR AB trebl*)) W1 ((TI blind* OR AB blind*) OR (TI dumm* OR AB dumm*) OR (TI mask* OR AB mask*)) OR ((TI control* OR AB control*) N3 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*) OR (TI group* OR AB group*)) OR ((TI clinical OR AB clinical) N3 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*)) OR ((TI Nonrandom* OR AB Nonrandom*) OR (TI "non random*" OR AB "non random*") OR (TI "non-random*" OR AB "non-random*") OR (TI "quasi-random*" OR AB "quasi-random*") OR (TI quasirandom* OR AB quasirandom*)) OR ((TI phase OR AB phase) N6 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*)) OR (((TI crossover OR AB crossover) OR (TI "cross-over" OR AB "cross-over")) N3 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*)) OR (((TI multigent* OR AB multigent*) OR (TI "multi-cent*" OR AB "multi-cent*")) N3 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*)) OR (TI allocated OR AB allocated) OR (((TI "open label" OR AB "open label") OR (TI "open-label" OR AB "open-label")) N5 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*)) OR (((TI equivalence OR AB equivalence) OR (TI superiority OR AB superiority) OR (TI "non-inferiority" OR AB "non-inferiority") OR (TI noninferiority OR AB noninferiority)) N3 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*)) OR ((TI "pragmatic study" OR AB "pragmatic study") OR (TI "pragmatic studies" OR AB "pragmatic studies")) OR (((TI pragmatic OR AB pragmatic) OR (TI practical OR AB practical)) N3 (TI trial* OR AB trial*)) OR (((TI quasiexperimental OR AB quasiexperimental) OR (TI "quasi-experimental" OR AB "quasi-experimental")) N3 ((TI study OR AB study) OR (TI studies OR AB studies) OR (TI trial* OR AB trial*)) OR (TI trial))	1,259,551
S5	(MH "action research") or (MH "Audiorecording") or (MH "cluster sample+") or (MH "constant comparative method") or (MH "content analysis") or (MH "discourse analysis") or (MH "ethnographic research") or (MH "ethnological research") or (MH "ethnography") or (MH "ethnonursing research") or (MH "field studies") or (MH "focus groups") or (MH "grounded theory") or (MH "Historical Records") or (MH "Interviews+") or (MH "Narratives") or (MH "naturalistic inquiry") or (MH "observational methods+") or (MH "phenomenological research") or (MH "phenomenology") or (MH "purposive sample") or (MH "qualitative studies") or (MH "qualitative validity+") or (MH "questionnaires") or (MH "thematic analysis") or (MH "theoretical sample") or (MH "Videorecording+") or TX colaizzi* or TX constant comparative or TX constant comparison or TX cooperative inquir* or TX co-operative inquir* or TX co operative inquir* or TX Corbin* TX data saturat* or TX discourse* analysis or TX emic or TX etic or TX ethnon* or TX field research or TX field stud* or TX focus group* or TX Foucault* or TX giorgi* or TX Glaser* or TX grounded analysis or TX grounded research or TX grounded studies or TX grounded study or TX grounded theor* or TX heidegger* or TX hermeneutic* or TX heuristic or TX human science or TX husserl* or TX life experiences or TX life stor* or TX lived experience* or TX merleau ponty* or TX narrative analysis or TX qualitative or TX "mixed method*" or TX participant observ* or TX phenomenol* or TX purpos* sampl* or TX questionnaire* or TX semiotics or TX spiegelberg* or TX Strauss* TX van kaam* or TX van manen*	2,285,941
S4	S1 AND S2 AND S3	3,511
S3	(MH "Adolescence" or MH "Young Adult") OR TI ((adolescen* or teen* or youth* or juvenil* or "young adult*" or "early adulthood" or "young person*" or "young individual*" or "young people*" or "young population*" or girl or girls or boy or boys or student* or "secondary schooler*" or "middle schooler*" or "high schooler*" or highschooler* or "secondary school" or "middle school"	1,025,796

	or "high school" or highschool)) OR AB ((adolescen* or teen* or youth* or juvenil* or "young adult*" or "early adulthood" or "young person*" or "young individual*" or "young people*" or "young population*" or girl or girls or boy or boys or student* or "secondary schooler*" or "middle schooler*" or "high schooler*" or highschooler* or "secondary school" or "middle school" or "high school" or highschool))	
S2	(MM "Self Concept+" or MM "Mental Health" or MM "Psychological Well-Being") OR TI (((Body W1 image) or Connectedness or (Emotional W1 health) or Happiness or (Health W1 literacy) or (Life W1 quality) or (Life W1 satisfaction) or "Mental health" or Optimism or (Perceived N2 (appearance* or competence* or fitness or mood* or "health status")) or (Positive N2 (affect* or mood*)) or (Psychologic* W1 health) or "Psychosocial health" or "Quality of life" or Relaxation or Resilience or "Satisfaction with life" or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or "Sense of belonging" or "Social health" or Vitality or Well-being or Wellbeing)	274,120
S1	((MM "Exercise+" NOT (MH "Recovery, Exercise" OR MH "Stair Climbing" OR MH "Warm-Up Exercise+")) or (MM "Sports+" not (MH "Athletic Performance" or MH "Sports Re-Entry" or MH "Sports for Persons with Disabilities")) or MM "Physical Activity") OR TI (((physical W1 activit*) or sport or sports or walking or running or jogging or swimming or exercise or exercises or exercising or (strength W1 training*) or (resistance W1 training*) or (weight W1 training*) or aerobics or (physical W1 endurance*) or (physical W1 fitness) or (physical W1 strength*) or (physical W1 conditioning*) or (physical W1 training*) or (active W1 transport*) or commut* or (travel* W1 mode*) or biking or bike or bikes or bicycl* or (recreation* N2 (activit* or sport*)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance or fencing or football or golf or golfing or gymnast* or gym or hiking or hockey or (horse W1riding) or (horseback W1 riding) or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or (martial W1 art*) or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai-Chi or Tai-Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba)	248,775

Web of Science *Core Collection (via Clarivate)

*Science Citation Index Expanded (1900-present); Social Sciences Citation Index (1900-present); Arts & Humanities Citation Index (1975-present) ; Conference Proceedings Citation Index- Science (1990-present) ; Conference Proceedings Citation Index- Social Science & Humanities (1990-present) ; Emerging Sources Citation Index (2019-present)

<https://www.webofscience.com/wos/woscc/summary/44b39978-f4e9-4916-970a-58017d228b6a-ece98bdc/relevance/1>

ID Search Hits

#1 (TI= (("physical activit*" or sport* or walking or running or jogging or swimming or exercise* or exercising or "strength training*" or "resistance training*" or "weight training*" or aerobics or "physical endurance*" or "physical fitness" or "physical strength*" or "physical conditioning*" or "physical training*" or "active transport*" or commut* or "travel mode*" or biking or bike or bicycl* or (recreation* NEAR/2 (activit* or sport*)) or athletics or badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance or fencing or football or golf or golfing or gymnast* or gym or hiking or hockey or horse-riding or horseback-riding or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or "martial art*" or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai-Chi or Tai-Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba))) OR AK= (("physical activit*" or sport* or walking or running or jogging or swimming or exercise* or exercising or "strength training*" or "resistance training*" or "weight training*" or aerobics or "physical endurance*" or "physical fitness" or "physical strength*" or "physical conditioning*" or "physical training*" or "active transport*" or commut* or "travel mode*" or biking or bike or bicycl* or (recreation* NEAR/2 (activit* or sport*)) or athletics or

badminton or ballet or baseball or basketball or biathlon or bodybuilding or boxing or canoeing or cross-fit or dancing or dance or fencing or football or golf or golfing or gymnast* or gym or hiking or hockey or horse-riding or horseback-riding or judo or jiu-jitsu or ju-jitsu or karate or kayaking or kung-fu or marathon or "martial art*" or orienteering or padel or pilates or rowing or rugby or skating or skateboarding or skiing or soccer or softball or surfing or squash or taekwondo or Tai-Chi or Tai-Ji or tennis or triathlon or volleyball or water-polo or waterpolo or wrestling or yoga or zumba))

#2 (TI=(("Body image" or Connectedness or "Emotional health" or Happiness or "Health literacy" or "Life quality" or "Life satisfaction" or "Mental health" or Optimism or (Perceived NEAR/3 (appearance* or competence* or fitness or mood* or health-status)) or (Positive NEAR/3 (affect* or mood*)) or "Psychologic* health" or "Psychosocial health" or "Quality of life" or Relaxation or Resilience or "Satisfaction with life" or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or "Sense of belonging" or "Social health" or Vitality or Well-being or Wellbeing))) OR AK=(("Body image" or Connectedness or "Emotional health" or Happiness or "Health literacy" or "Life quality" or "Life satisfaction" or "Mental health" or Optimism or (Perceived NEAR/3 (appearance* or competence* or fitness or mood* or health-status)) or (Positive NEAR/3 (affect* or mood*)) or "Psychologic* health" or "Psychosocial health" or "Quality of life" or Relaxation or Resilience or "Satisfaction with life" or Self-confidence or Self-concept or Self-efficacy or Self-esteem* or Self-image or Self-perception* or "Sense of belonging" or "Social health" or Vitality or Well-being or Wellbeing))

#3 TS=(adolescen* or teen* or youth* or juvenil* or "young adult*" or "early adulthood" or "young person*" or "young individual*" or "young people*" or "young population*" or girl or girls or boy or boys or student or students or "secondary schooler*" or "middle schooler*" or "high schooler*" or highschooler* or ((secondary or middle or high) NEAR/1 (school or schools)) or highschool or highschools)

#4 TS=("thematic analys*" OR "content analys*" OR "focus group*" OR ethnograph* OR ethnograf* OR etnograf* OR "field stud*" OR phenomenolog* OR narration* OR narrative OR "qualitative stud*" OR "qualitative analys*" OR "qualitative research*" OR "qualitative method*" OR multimethodolog* OR "mixed method*" OR observation* OR "grounded theory" OR "audio recording*" OR "tape recording*" OR audiotape* OR ((semi-structured OR semistructured OR unstructured OR informal OR in-depth OR indepth OR face-to-face OR structured OR guide*) AND (interview* OR discussion* OR questionnaire*)) OR trial* OR random* OR rct OR prospective* OR retrospective* OR longitudinal* OR cohort* OR observation* OR quasi-experimental OR experimental OR before-and-after OR pre-post OR intervention* OR follow-up* OR followup)

#5 #1 AND #2 AND #3 AND #4

#6 TI=(anorexia or arrhythmia* or cancer* or "cardiovascular disease*" or chemotherap* or chronic or cerebrovascular or concussion or "cystic fibrosis" or diabet* or disorder* or disable* or disabilit* or disease* or doping or epilepsy or illness* or implant* or injur* or "myocardial infarct*" or "multiple sclerosis" or neuromuscular* or neoplas* or orthodont* or orthopedic or orthopaedic or pain or patient* or postpartum or pregnan* or psychiatr* or rehabilitat* or screening or sick or sickness or stroke or surg* or survivor* or syndrome* or suicid* or therap* or transplant*) or TI=(cross-section*)

#7 #5 NOT #6

#8 #7 AND DT=(article OR early access)

#9 #8 AND PY=(2009-2024)

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