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Effectiveness of physical activity interventions in achieving behaviour change maintenance in young and middle aged adults: a systematic review and meta-analysis

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Supplementary file 1: Search strategy for Medline¹

1. exp exercise/
2. running/
3. walking/
4. physical fitness/
5. swimming/
6. (fitness adj class*).ti,ab.
7. gardening/
8. exp "physical education and training"/
9. exp dancing/
10. exp sports/
11. exp sport/
12. exp yoga/
13. exp fitness centers/
14. recreation/
15. "play and playthings"/
16. exp motor activity/
17. (fitness adj (regime* or program*)).ti,ab.
18. cardiorespiratory fitness.ti,ab.
19. aerobic capacity.ti,ab.
20. ((moderate or vigorous*) adj activ*).ti,ab.
21. (led walk* or health walk*).ti,ab.
22. (physical adj5 (fit* or train* or activ* or endur*)).ti,ab.
23. (exercis* adj5 (fit* or train* or activ* or endur*)).ti,ab.
24. ((leisure or fitness) adj5 (centre* or center* or facilit*)).ti,ab.
25. ((promot* or uptak* or encourag* or increas* or start* or adher* or sustain* or maintain*) adj5 gym*).ti,ab.
26. ((promot* or uptak* or encourag* or increas* or start* or adher* or sustain* or maintain*) adj5 physical activ*).ti,ab.
27. ((promot* or uptak* or encourag* or increas* or start* or adher* or sustain* or maintain*) adj5 (circuit* or aqua*)).ti,ab.
28. ((promot* or uptak* or encourag* or increas* or start* or adher* or sustain* or maintain*) adj5 (exercis* or exertion or keep fit or fitness class or yoga or aerobic*)).ti,ab.
29. ((decreas* or reduc* or discourag*) adj5 (sedentary or deskbound or physical* inactiv*)).ti,ab.
30. sport*3.ti,ab.
31. walk*3.ti,ab.
32. running.ti,ab.
33. jogging.ti,ab.
34. pilates.ti,ab.
35. yoga.ti,ab.
36. ((cycle or cycling) adj5 (school* or work or workplace or commut* or travel* or equipment or facilit* or rack*1 or store*1 or storing or park* or friendly or infrastructure)).ti,ab.

¹ Physical activity search terms (items 1-53) are adapted from *Baker, Francis, Soares, Weightman, & Foster (2011)*. A slight amendment has been made to search term 52. Study design terms (items 55-65) are adopted from *Hunter et al. (2014)*. The "natural experiment*" search terms have been omitted. Behaviour change search terms (items 67-68) are taken from *Fjeldsoe et al. (2011)*. Maintenance search terms (items 70-71) are taken from *Fjeldsoe et al. (2011)*.

37. bicycl*.ti,ab.
38. (bike*1 or biking).ti,ab.
39. (swim*1 or swimming).ti,ab.
40. (exercis*3 adj5 aerobic*).ti,ab.
41. rollerblading.ti,ab.
42. rollerskating.ti,ab.
43. skating.ti,ab.
44. exertion*1.ti,ab.
45. strength training.ti,ab.
46. resilience training.ti,ab.
47. weight lifting.tw.
48. travel mode*1.tw.
49. (active adj (travel*4 or transport* or commut*)).tw.
50. (multimodal transportation or alternative transport* or alternative travel*).ti,ab.
51. recreation*1.ti,ab.
52. ("use" adj3 stair*).mp.
53. (pedestrianis* or pedestrianiz*).ti,ab.
54. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 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 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53
55. intervention stud*.mp.
56. randomised control* trial.mp.
57. randomized control* trial.mp.
58. comparative stud*.mp.
59. control group.mp.
60. (randomised or randomized or randomly or groups).mp.
61. quasi*experiment*.mp.
62. (pre test or pretest or pre intervention or post intervention or post test or posttest).mp.
63. (control* or before or (before and after stud*) or follow up assessment).mp.
64. (intervention or interventional or process or program*).mp.
65. (evaluat* or intervention or interventional or treatment).mp.
66. 55 or 56 or 57 or 58 or 59 or 60 or 61 or 62 or 63 or 64 or 65
67. behaviour change.ti,ab,kw.
68. behavior change.ti,ab,kw.
69. 67 or 68
70. maintenance.ti,ab,kw.
71. follow-up.ti,ab,kw.
72. 70 or 71
73. 54 and 66 and 69 and 72
74. limit 73 to (english language and humans)

- Baker, P.R.A., Francis, D.P., Soares, J., Weightman, A.L., Foster, C., 2011. Community wide interventions for increasing physical activity. *Cochrane Database Syst. Rev.*
- Fjeldsoe, B., Neuhaus, M., Winkler, E., Eakin, E., 2011. Systematic review of maintenance of behavior change following physical activity and dietary interventions. *Heal. Psychol.* 30, 99–109.
- Hunter, R.F., Christian, H., Veitch, J., Astell-Burt, T., Hipp, J.A., Schipperijn, J., 2014. The impact of interventions to promote physical activity in urban green space: a systematic review and recommendations for future research. *Soc. Sci. Med.* 124, 246–256.